

Hafa Adai!

CNMI moves past July 15 target reopening date. **PAGE 2**

Sablan on furloughed DPS employees: I hope they all sue. **PAGE 5**

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## CNMI's newest case is a child

By JUSTINE NAUTA

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REPORTER

An arriving passenger on a United Airlines flight from Guam last July 16 tested for COVID-19 last July 17. This time, it is a child, according to Esther Muña, Commonwealth Healthcare Corp. chief executive officer. The latest case brings the CNMI's total number of cases to 37.

Muña said the child is asymptomatic and was identified through the incoming traveler screening protocol. Though there's no confirmation as to how old the child is, the CHCC dashboard on its website (<https://chcc.gov.mp/>) shows that the child is between

See CHILD on Page 4

### AT A GLANCE

As of 6pm, July 19, 2020

GUAM	OLD	NEW	TOTAL
Positive	314	1	315
Recovered	214	8	222
Active	87	1	88
Deaths	6*	0	6*
Cumulative Number of Persons Tested	18,148		

SAIPAN	OLD	NEW	TOTAL
Positive	36	1	37
Deaths	2	0	2
Cumulative Number of Persons Tested	10,697**		

\*Total includes a sailor from the USS Theodore Roosevelt.

\*\*Total includes the number of persons tested on Saipan, Tinian, and Rota.

Source: Joint Information Center - Guam, Commonwealth Health Care Corp.

### COMMUNITY VULNERABILITY

#### LEGEND:

- Red: Least safe
- Orange
- Yellow
- Blue
- Green: Safest

Source: Office of the Governor

### NEW MURAL

The retaining wall that faces the eastbound shoulder lane of the Chalan Monsignor Guerrero highway going up to the Northern Marianas College now sports a freshly painted mural. Led by the office of Rep. Luis John Castro (R-Saipan), the project saw members of the Legislature and volunteers working over the weekend to clean and paint the mural, which depicts CNMI scenes.

KRIZEL TUAZON

Story on Page 2



## Over 5K PUA out this week

By KIMBERLY A. BAUTISTA  
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REPORTER

The Department of Finance is set to make over 5,000 direct deposits for Pandemic Unemployment Assistance payments this week.

According to Fi-



Atalig

nance Secretary David Atalig during a radio news briefing last Friday, the CNMI should expect the PUA payments totaling \$15 million—the third batch so far—throughout this week.

See OVER on Page 4

## Browne is new IPI CEO

By FERDIE DE LA TORRE  
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REPORTER

Imperial Pacific International (CNMI) LLC has appointed Donald Browne, its senior vice president for Security and Surveillance, as the new chief

executive officer.

IPI senior vice president of Public Affairs Tao Xing confirmed yesterday with *Saipan Tribune* that Browne's appointment took effect last Saturday, July 17.

See BROWNE on Page 4

## CHCC warns of ciguatera fish poisoning in the CNMI

### Ciguatera

Second most common fish-borne toxin

Contains toxin *Gambierdiscus toxicus*

- Odorless, colorless, tasteless
- Not deactivated by heat

Gastrointestinal

- Abdominal pain, vomiting, diarrhea

Neurologic

- Temperature-related dysesthesias (hot-cold reversal)
- Sensation of tooth looseness
- Ataxia, coma

Cardiovascular

- Bradycardia, Hypotension, pulmonary edema

Management

- Supportive care
- Antiemetics
- IV fluids for hypotension
- Atropine for bradycardia
- Mannitol for neurologic morbidity

Barracuda

Groupers

Red Snapper

Parrotfish

Amberjack

The Commonwealth Healthcare Corp. is seeing an increase in ciguatera fish poisoning cases due to the consumption of the local red snapper.

CFP is a common food-borne illness related to the consumption of certain species of fish that have been contaminated with plankton (algae)-derived toxin associated with coral reefs. The ciguatera toxin is non-detectable as it does not harm the fish and is unrecognizable when consumed. Unlike other food-borne illnesses, CFP is not transferred from cross-contamination due to inadequate

See CHCC on Page 4

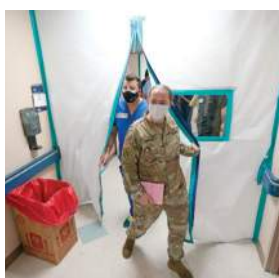
## INSIDE



### BUSINESS

After 30 years of doing business, Dolphin Wholesale Store in San Jose is shutting down.

PAGE 11



### NATION

A fast-rising tide of new coronavirus cases is flooding emergency rooms in parts of the U.S.

PAGE 12



### ASIA

The number of cases in a new coronavirus outbreak in China's far west has risen to 17.

PAGE 13



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# Local

## AS COVID-19 CASES CONTINUE TO SURGE IN OTHER PLACES,

### CNMI moves past July 15 target reopening date

By IVA MAURIN  
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REPORTER

July 15 has come and gone, and the Commonwealth remains closed to tourists.

One of the reasons, according to COVID-19 Task Force chair Warren Villagomez? The spike of cases in the U.S. mainland, its surrounding region, as well as the CNMI's neighboring island, Guam.

In May, as part of the economic recovery plan for the island, Gov. Ralph DLG Torres set July 15 as the projected date to reopen the Commonwealth to tourists. However, two months later, COVID-19 continues to heavily affect other ar-

eas, necessitating quarantine measures for travelers.

"What we're doing is evolving," Villagomez said. "We continue to add effort to what we're doing, if need be. ... There's a lot of issues that we're still evaluating, we continue to test upon arrival, we're still getting positives. So things are still evolving."

Speaking at the radio broadcast of the administration's regular news briefing last Friday, Lt. Gov. Arnold I. Palacios reiterated that the opening of the Commonwealth is a moving target. "Our community is very small and very vulnerable. ... The most important thing that we need to keep in mind is the safety

of our community. We've seen many jurisdictions that thought they were already safe and opened up, and boom, they're right back where they started."

"July 15 has come and gone, and we're not going to hold ourselves to that because I don't think the governor or anybody in the Commonwealth wants to regret," added Palacios. "If we were not as careful, and make decisions that open up and increase our vulnerability... of our people, that's [going to] be regrettable."

The task force, with the Commonwealth Healthcare Corp., has been meeting with agencies and organi-

zations, including the business community, to continue to put together a plan to keep the community safe, while trying to bring in a "little bit of normalcy" to the people.

"We're deliberately looking at every aspect that needs to be looked at, and the primary driving force is to do things, and at the same time, keep our community safe," Palacios said.

#### Building local economy

As the CNMI remains unsure when tourism will be revived, shoring up the local economy is at the forefront of plans.

Press secretary Kevin Bautista pointed out that there hasn't been really any full restriction when it comes to local businesses, particularly with the CNMI now at Level Blue under the community

vulnerability scale—one step from the safest level, which is Green.

"That's not necessarily predicated on whether or not we open up tourism," he added.

Under Level Blue, building occupancy restrictions are increased to up to 75% of original capacity; partial restaurant and bar services are permitted to allow restaurants to serve dine-in customers, at 50% of their original occupancy limit, and in accordance with Bureau of Environmental Health guidelines; businesses open to the public can operate from 5am to 11pm, all under strict adherence to social distancing and sanitation protocols.

A meeting with the Governor's Council of Economic Advisors also took place last week where they discussed

how to add to the current activities being generated domestically, regardless if there are tourists or not.

For now, while the CNMI has no specific target date for when it will reopen tourism, one of the things that the government is looking at is having mechanisms in place, through CHCC, that identifies hot zones and cold zones on island.

"... so that we can create travel bubbles or travel corridors, to specific countries, specifically a travel bubble with South Korea, so that we can generate economic activity as soon as possible," he added.

Bautista also said that the CNMI is "in a better spot to reopen tourism much more so than Guam, which is now considered a hotspot by many within our region."

## As Terlaje wall gets a new mural

By CHEVY ALIPIO  
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REPORTER

The retaining wall of the Northern Marianas College that faces the eastbound shoulder lane of the Chalan Monsignor Guerrero highway now sports a freshly painted mural depicting CNMI scenes.

Precinct 1 Rep. Luis John Castro (R-Saipan) together with his staff, other members of the Legislature, and community volunteers teamed up over the weekend to clean and paint the mural.

"The project site was part of development that took place back in the mid-'90s,"

said Castro, whose district encompasses that part of As Terlaje where the wall is located. It was built when the road was expanded to accommodate a four-lane traffic system.

"After the wall was built, and the road expansion was completed, the wall was left bare and for the last two decades, it stayed that way and

accumulated dirt over the years," Castro said. The freshman representative reached out to the owner of the property for permission to beautify the structure. The wall sits on a private property.

With collaboration from Rep. Joel Camacho's (R-Saipan) office, Castro, his staff, and community volunteers sketched out designs

that are present on the mural. "We tried to place emphasis on symbols that represented the unique culture and history of the Marianas, along with community input from residents who live within the vicinity and constituents from the district."

Camacho also helped with painting a mural in the Kagman school district. Through

this project, he hopes inspire other to do other such projects elsewhere. "When our tourists come back, this mural allows them to see a vibrant landmark when they first arrive on island and to remember Saipan and the Marianas when they leave it," Camacho said. The mural is by the highway that leads to the Saipan airport.

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The advertisement features a collage of images. At the top, a hand holds a smartphone displaying the Saipan Tribune mobile app interface, which includes a '10,000' reward graphic and social media links. Next to it, a hand holds a tablet showing the website's homepage with various news headlines and advertisements for McDonald's and Mobil. Below these, a hand points at a printed newspaper clipping from the Saipan Tribune, dated July 15, 2020. The clipping includes headlines such as 'Reyes tops shoreline fishing tourney', 'Construction manager was also allegedly trafficking 'ice'', '2020 Census of Guam launches website', and 'DEQ director Masga is CUC's new...'. The newspaper also shows a '75¢' price tag and a 'LOCAL' section header.



# OMB, Finance to remain separate

By IVA MAURIN  
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REPORTER

The Office of Management and Budget will remain separate from the Department of Finance.

Despite the Senate override of Gov. Ralph DLG Torres' veto of Senate Bill 21-33, SS1, the House of Representatives failed to garner enough votes to quash the veto.

The bill, authored by Sen. Vinnie Sablan (Ind-Saipan), had proposed to transfer OMB to Finance Department. In his veto message, Torres said that restructuring OMB will cause unnecessary interruptions in the administrative businesses of the government, especially with the pandemic currently affecting the CNMI.

In an earlier response to the veto, Sablan cited a "clear overlap" of government operations between OMB and Finance.

In Thursday's session, House representatives were divided on the veto, with 11 voting yes to the veto, and nine voting no. With 20 members, 13 yes votes were needed for the override to happen.

Rep. Ivan Blanco (R-Saipan), who voted in support of the veto, likened the intent of the bill to the operations of the U.S. federal government. "If you look at the federal government, they have a separate office under the Office of Management and Budget and a separate office of the U.S. Treasury. Now, the bill, what it's trying to do is...put the U.S. Office of Management and Budget under the U.S. Treasury. The reason why they don't do that is the separation of controls on financial management and the systems."

"Our auditors here continue to encourage the CNMI, that we practice internal controls, to separate duties and tasks, so that not one person or not one entity gets to control the setting of the ceiling of the budget, and at the same time, gets to expend those funds, with one stroke of a pen. The

CNMI needs OMB to set the budget ceiling, and then you do all the paperwork, that's internal controls, and then it goes to Finance, and Finance does the expenditure," he added.

Blanco said his initial stance was to vote yes but reconsidered after looking into how the federal government does it. "The bill proposes that everything will be done under the Finance office. It's scary, and that is why I voted no to the override. ...I came up with a decision that it might not be in the best interest of the CNMI."

"If any of the members are not happy with certain Cabinet member, I think we need to write a letter to the governor [and] express to the governor that the performance needs improvement. But cutting off an office may not be the best interest of the CNMI," Blanco added.

## Maximum effectiveness

Rep. Sheila Babauta (D-Saipan), who voted against the veto, said the time is right to do it—restructure the government and streamline responsibilities to achieve maximum effectiveness at minimum cost to taxpayers.

Some members have expressed frustrations with both agencies in terms of providing accurate, consistent, and timely information for lawmakers to make fiscal decisions for the CNMI, and called on both Finance and OMB to improve their systems.

In a separate interview, Finance Secretary David Atalig said that he respects the Legislature and its legislative rights in not overriding. "I'm in support of anything that helps financial management. The separation, that's fine. I have no issues with that bill. I have no issues, either way. I work well with [OMB chief] Virginia Villagomez. I'll continue to work well with her. ...We'll continue to do the job that we need to do for the CNMI government, for our administration to move forward."

## DPS training exercises on Capital Hill

The CNMI Department of Public Safety issued an advisory last Thursday to alert the public of a training exercises on Capital Hill and for the public not to be alarmed.

Prior to the advisory, there were rumors of a hostage incident on Capital Hill and word about this alleged hostage-taking spread quickly on social media. DPS then released the advisory, saying it is conducting officer training exercises and will

continue until planned scenarios have been completed and carried out.

"We ask the public to not be alarmed if you hear any loud pops or see smoke in the immediate area. This is part of the planned officer training," the advisory stated. "Please call 911 anytime to report a crime or an emergency. Your CNMI law enforcement officers care for the health and wellbeing of you and your family." (PR)



### REPAIRED

The Mihaville Estate sign has now been fixed since the incident where a runaway vehicle crashed into the sign.

KRIZEL TUAZON

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# NMI gets \$1M to help with housing

The CNMI has been awarded \$1,090,630 by the U.S. Department of Housing and Urban Development under the Emergency Solutions Grants Program, which aims to assist individuals and families quickly regain stability in permanent housing after experiencing a housing crisis or homelessness.

The Northern Marianas Housing Corp has been designated as the administering agency for this program.

Gov. Ralph DLG Torres noted that the grant will be used for homelessness prevention and rapid rehousing for families and individuals that fit the criteria under the program. "We are pleased that we have been awarded this grant to assist our people with housing needs during this unprec-

edented time. Sixty percent of the grant will be used for homelessness prevention to assist families who are at risk of homelessness, while 40% will be used for rapid rehousing to assist those who fall under the category of homelessness. Especially after Super Typhoon Yutu, we want to make sure that housing needs on Saipan, Tinian, and Rota are addressed, and this program will help achieve that goal," said Torres.

Lt. Gov. Arnold I. Palacios said that 25% of the entire grant will be set aside for the elderly and disabled, as well as 6% of the entire allocation will be for Rota and Tinian, respectively.

"Together with NMHC, our goal is

to combat homelessness and address housing issues on all three islands, and this grant will certainly provide this essential assistance to our community, especially our elderly and disabled who are our most vulnerable, as well as Rota and Tinian residents during this unprecedented time," said Palacios.

ESG Financial Assistance for qualified and approved applicants will be for one year and includes 100% rental assistance, security deposit, utility deposit and utility allowance, plus assistance for up to six months in arrears.

Qualified families must meet HUD income limits (NMHC will assist in this determination). Applicants must be U.S. Citizens or qualified

aliens and present documentation of how COVID-19 has impacted their housing situation, such as being furloughed, unemployed, underemployed, or having to share housing with others.

"Pre-applications will be available at the NMHC offices on Saipan, Tinian, and Rota. We will process intake every 15 days by batches on a first come, first serve basis. We expect to assist close to 110 eligible families

with this grant. We thank Gov. Torres and Lt. Gov. Palacios for their leadership and partnership to ensure assistance to our most vulnerable families," said NMHC corporate director Jesse Palacios.

For more information on the ESG program, contact Tricia Tenorio or Sweetielyn Sokau at (670) 234-6866.

NMHC will be providing additional updates and information to the public soon. **(PR)**

## CHCC

From Page 1

food handler hygiene, food preparation, cooking, handling, and storage. In addition, the ciguatera toxin can withstand cooking and freezing temperatures and is not preventable if the fish species already harbors the toxin.

Common symptoms of CFP are as follows:

■ Nausea, vomiting, diarrhea, muscle weakness, joint aches, headache, dizziness, tingling or numbness, itching, sometimes chills or sweating, dental pain, and low blood pressure.

■ A characteristic symptom is "hot-cold reversal"; hot items feel cold and cold items feel hot.

Symptoms may appear within 15 minutes to 24 hours after consuming an infected fish. Most individuals who experience symptoms feel better in a few days to a week, but in some cases, symptoms have lasted for months and sometimes years.

Individuals experiencing symptoms of CFP are urged to seek medical attention as prompt treatment can

reduce the severity of symptoms, especially those with underlying medical conditions.

## Fish associated with CFP

More than 400 species of fish are associated with CFP. The most common are older, larger fish that have been eating contaminated fish during their lifespan, including (but are not restricted to): barracuda, grouper, jack, hogfish, mackerel, snapper. There is no specific prevention except to eat fish smaller than about 4-6 lbs.

CHCC prepares weekly surveillance reports on communicable diseases to share with community partners to prevent and control any emerging or re-emerging diseases that may pose a threat to the CNMI community.

For more information, contact the CHCC Emergency Preparedness Program at (670)234-8950 or visit <https://www.cdc.gov/nceh/ciguatera/>

For more information on food-borne illnesses, or about the inspections, contact the Environmental Health and Disease Prevention at 670-664-4870/2/3 or email [john.tagabuel@dph.gov.mp](mailto:john.tagabuel@dph.gov.mp), **(PR)**

# Teen gets 30 days in prison, 90 days house arrest over fatal car collision

By **FERDIE DE LA TORRE**  
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REPORTER

An 18-year-old woman who hit and killed a 67-year-old construction worker in Puerto Rico, Saipan last December was sentenced Friday to 30 days in prison, followed by 90 days in house arrest.

Cassandra Camacho pleaded guilty to reckless driving as part of a plea deal. Superior Court Associate Judge Kenneth L. Govendo sentenced her to six months' imprisonment, all suspended except for four months. After serving the house arrest, Camacho will then be placed on probation for two years. She was ordered to pay restitution for the victim's medical and funeral expenses.

Reckless driving usually carries a penalty of fine of not less than \$25 nor more than \$1,000 or by imprisonment of not more than six months.

When the issue was discussed whether Camacho's sentence will be prison term or house arrest, Govendo only allowed family members in the courtroom. Several of the defendant's

family members were in the courtroom.

*Saipan Tribune* learned that the CNMI's traffic law requires 16- or 17-year-old defendants to be tried in regular court cases and not in juvenile court. The defendant in this case was a minor when the incident happened.

Assistant public defender Vina Seelam, counsel for Camacho, refused to comment.

Chief Prosecutor Bradley said yesterday that the request to not allow the media or other people inside the courtroom came from the defense. Bradley said his preference is for media to always be allowed in the courtroom. "I believe there is a constitutional right to media to cover court decisions," Bradley said.

He expressed hope that this case will be a cautionary tale for other teen driver. He said a person was killed by the reckless behavior of the teenage driver.

"We hope that young people will think carefully about how they make decisions, understanding that their bad driving can seriously injure or kill innocent people," he said.

The victim in this case, Sergio

Apostol, was driving a Nissan Sentra and turning into the Puerto Rico Shell gas station when a speeding 2015 Toyota Highlander driven by Camacho slammed into the car from the opposite direction.

Then 17-year-old Camacho and another minor female occupant of the Highlander sustained minor injuries. Apostol, who was the sole occupant of the Nissan Sentra, was admitted to the intensive care unit of the Commonwealth Health Center for serious injuries. He passed away three days later in the hospital. The collision occurred at about 8pm on Dec. 16, 2019, across the Shell gas station in Puerto Rico.

Shell surveillance footage showed that the SUV was speeding through Puerto Rico just across Shell as the sedan that Apostol was driving turned slowly into the gas station. The SUV collided with the passenger side of the sedan, sending it flying backwards as the SUV continued forward before hitting a nearby power pole. The strong impact caused the pole to crack on its base, nearly knocking it over completely.

ing power to the hospital. According to Villagomez, when everything is ready, the system will supply power to the hospital's intensive care unit, emergency room, and the operating room. Villagomez added that they have been working with the U.S. Department of the Interior and other funding sources to move forward with phases 2 and 3.

Due to lack of funds, CHCC divided the solar power project into three phases. Muña said that funding from U.S. Department of the Interior allowed them to seek other sources to complete the project.

In 2018, CHCC received \$560,000 from the U.S. Department of the Interior for phase 1 of the project.

Mark Brown.

"We continuously impressed upon them that this is of utmost urgency. That the IPI board of directors appoint one even on an interim basis, even an acting one, so CCC would know who to direct all the questions to," the chairman said during the June 25 board meeting.

Mark Brown used to be IPI's CEO who then became an interim chairman in 2018. He resigned last December.

for another 30 days. The CNMI will continue to be at the Level Blue of the community vulnerability ratings.

To date, the CNMI has 37 confirmed positive cases, with two deaths.

## Solar power project

According to CHCC Hospital Emergency Preparedness director Warren Villagomez, the first phase of CHCC's solar initiative project has been completed.

Due to COVID-19 issues, he added, there has been a slight delay in the installation of the interconnection transformer. At the moment, the solar power system is not yet provid-

that his experience and drive will take IPI "to the next level of growth and development under a reorganized structure."

Last June 25, the Commonwealth Casino Commission board unanimously approved an order requiring IPI to appoint a CEO within 15 days. Commission board chair Edward Deleon Guerrero said that the CCC has been asking the IPI board of directors to make the appointment since the departure of

## OVER

From Page 1

Atalig explained that the first batch of direct deposits, which hit bank accounts last Friday, totaled around 300. The second batch, about 1,000, was distributed last Saturday before the bank's 11am cutoff. This batch should expect payments to hit their accounts today.

The next batch of payments, which is the largest with over 5,000 recipients, will be disbursed throughout the week.

"The first small batch was a real clean 300 recipients. Those numbers [will] increase. The next batch [last Saturday's] would be about 1,000, [this] week would be the bigger batch, which holds over 5,000 recipients. We have a team here at the Department of Finance that's working hard to get this information into the system and to bank accounts," he said.

Atalig said he drew up \$15 million for PUA payment disbursements this week. The CNMI reportedly has \$70 million readily available for disbursement under the PUA and Federal Pandemic Unemployment Compensation programs.

PUA recipients should expect payments for the weeks they claimed but Atalig said the big bulk of the benefits will be the FPUC payments, which is \$600 a week. FPUC payments will be a retroactive check that is calculated from when one was "separated" from their job due to the COVID-19 pandemic up to July 31.

He said the assistance is "starting from the date you were separated, whether it's a reduction in work hours, both private and public, or their businesses closed down. It's back from when you lost your revenue stream or when your furlough [occurred] or when you were terminated due to close of business as a result of COVID-19," he said.

Atalig said he encourages everyone who had their hours reduced, were furloughed, or basically lost their main source of revenue due to the pandemic to try and apply. He also continues to encourage CNMI-Only Transitional workers, or CW-1, to try and apply.

"I encourage you all to apply so we can have economic activity on our islands. We desperately need that for our revenues," he said.

DOL was able to work through their challenges with their online portal, resolving all issues last Friday, resulting in PUA application finally getting approved and payments sent out.

"What we're finding is that [for] a lot of these applications, their documentation is not complete," Atalig said. He recounts that the ones working on the applications are telling him that only about 20% are coming in clean. "Right off the bat. Especially on the online portal. They've had issues with their online portal but all that have been cleared. In the meantime, we are doing our best to get these checks out to our people. They really need this funding to help them with their lives and coping with the situation we're in," he said.

## CHILD

From Page 1

the ages of 1 to 10. The child's mother tested negative for COVID-19, according to CHCC, and that they are safely isolated at the Kanoa Resort quarantine site in Susupe where CHCC has already initiated contract tracing for the immediate contacts, which includes passengers on the same flight, close family members, and friends. The newest positive case was announced last Friday.

With the number of COVID-19 cases creeping up, Gov. Ralph DLG Torres has renewed the declaration of state of public health emergency

## BROWNE

From Page 1

According to an IPI management's internal memorandum addressed to its employees last Saturday, Browne is "a well-regarded leader of IPI with decades of gaming experiences (sic)."

In appointing Browne as CEO, IPI said that Browne has proven in his previous role as senior vice president



# Sablan on furloughed DPS employees: I hope they all sue

By IVA MAURIN  
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REPORTER

Rep. Tina Sablan (D-Sablan) hopes that police officers who were furloughed from the Department of Public Safety would appeal—or even sue—following DPS Commissioner Robert Guerrero's statement at the budget hearing for the department last week that the decision was based on performance and loyalty.

"Performance and loyalty. What exactly did the Commissioner mean by that? He couldn't explain," said Sablan in a statement she gave at the House of Representatives session on Thursday—the day after the budget hearing, during which Guerrero had walked out.

"Some of them have been in the force for two decades, certainly longer than the commissioner's sons and other relatives and loyalists who remain at DPS. Some of them are

decorated military veterans who served our country honorably and deserve far better than the treatment they got," Sablan added, referring to the furloughed officers.

Sablan also cited the commissioner's statements that appears to acknowledge his own violation of civil service regulations, as well as the rights of the police officers who were furloughed. She added that Guerrero did not even bother to read the civil service regulations intended to ensure fairness and orderliness when reductions in force must be made due to lack of funds, as well as to protect civil service employees and recognize seniority of service.

Further, the legislator noted that the police officers were furloughed even as DPS continues to pay overtime,

including to the commissioner himself.

Sablan also called out Guerrero for his "blatant misrepresentation of facts" following the commissioner's claim that the furloughed police officers were advised of their rights to appeal their furloughs, pursuant to the civil service regulations.

"After the hearing, I received a copy of one of the furlough letters he sent out, and it actually advises the officers that they have no option to appeal, which is just, plainly wrong, according to the civil service regulations. I hope they all appeal. Frankly, I hope they all sue. That would be within their rights," she said. "These are abuses of power. ... The question is, what are we going to do about it? DPS has long been overdue for oversight."



Sablan

## Justices affirm dismissal of lawsuit of former owners of Victoria Hotel against Guam bank

By FERDIE DE LA TORRE  
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REPORTER

The CNMI Supreme Court has affirmed the Superior Court's dismissal of a lawsuit filed by the former owners of Victoria Hotel in Garapan against a Guam bank, where they borrowed \$1.8 million to build the hotel but are now seeking to get out of that loan by accusing the bank of not having obtained a service license in the CNMI.

In the high court's opinion last Saturday, the justices pointed out that the U.S. District Court for the NMI has already decided all three allegations in the lawsuit, which prevents relitigating the case in the Superior Court, unless an exception applies.

Associate Justice John A. Manglona penned the high court's opinion. Chief Justice Alexandro C. Castro and Associate Justice Perry B. Inos concurred.

Superior Court Associate Judge Joseph N. Camacho had dismissed the lawsuit in June 2019, ruling that the case had already been decided by the District Court. The suit was filed by Edward L.G. Lizama as personal representative of the estate of Jesus T. Lizama, Victoria L.G. Lizama, and J & JEV Enterprises Inc., against ANZ Guam Inc.

Camacho dismissed the case based on the "issue of preclusion" because the plaintiffs' claims against ANZ Guam Inc. are based on the same three issues that were litigated and decided in the

District Court action.

ANZ Guam is formerly known as Citizens Security (Guam) Inc.

In affirming Camacho's order, the justices no longer addressed the plaintiffs' arguments about licensing after finding that Camacho found the issues to be "precluded." The justices said the Lizamas fail to demonstrate any attempt to obtain consent from ANZ to amend the complaint or that they moved to amend

the complaint before or after the motion to dismiss. Absent those actions, the justices said, Camacho cannot grant leave to amend and his failure to do so was not an abuse of discretion.

"It follows that we also cannot remand with instruction to grant leave to amend," the justices said.

A longer version of this story is available at [www.saipantribune.com](http://www.saipantribune.com)

At the budget hearing, Guerrero became defensive at Sablan's questions on nepotism, furloughs, and civil service rules and later walked out.

"I think more scrutiny on DPS is necessary," Sablan said. She urged House Speaker Blas Jonathan Attao (R-Saipan) to call in the Office of

Personnel and Management, as well as agency heads who have implemented furloughs, to respond to lawmakers' concerns.

## DOL clarifies teachers' eligibility for PUA/FPUC aid

The CNMI Department of Labor has determined to pay all CNMI Public School System teachers who received their summer pay lump sum except on the week it was received. PSS urged everyone affected to stay tuned for the CNMI DOL press release addressing further details and more specifically the summer pay of our 190-day contract employees.

"We hope the press release will answer your inquiries and as always thank you for your patience and understanding," said Education Commissioner Dr. Alfred B. Ada in a statement issued Thursday night.

Later that night, CNMI DOL said it received clarification from the U.S. Department of Labor – Employment and Training Administration regarding the eligibility PSS staff for the Pandemic Unemployment Assistance and Federal Pandemic Unemployment Compensation.

Certain school employees fall under PUA/FPUC appli-

cant categories that require special considerations. In a telephone conference yesterday, USDOL-ETA validated that some PSS staff who were furloughed as a result of COVID-19 could potentially qualify for full PUA/FPUC benefits starting April 15, 2020.

Additionally, USDOL-ETA validated that PSS employees who signed certified 190-day employment contracts and were furloughed as a result of COVID-19 could potentially qualify for full benefits from April 15, 2020, through June 15, 2020, and partial benefits from June 16, 2020, through Aug. 26, 2020, contingent on an earnings review conducted by CNMI DOL.

"Gov. [Ralph DLG] Torres, Lt. Gov. [Arnold I.] Palacios, and I have believed from the start that PSS teachers and staff who have been affected

by COVID-19 should receive assistance through PUA and FPUC, and we thank USDOL for providing this clarification so that we can meet our goal in helping our educators," said Labor Secretary Vicky Benavente. "We will continue to work with PSS leadership with their employee claims. Additionally, Gov. Torres, Lt. Gov. Palacios, and I will also continue our work in processing our furloughed government employees to ensure they get their assistance as well."

In a press release last night, DOL noted that all PUA/FPUC claims are processed on an individual case-by-case basis. "The information contained in this press release only concerns certain PSS employees and may be subject to change upon guidance from USDOL-ETA," the press release added. (PR)



Ada

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# Anheuser-Busch, Marpac donate pandemic relief supplies



CONTRIBUTED PHOTO

From left, Tom Basa, Jr. (Marpac Consumer Sales manager); Lilliana Limes (Empty Vessel Ministry Foundation outreach volunteer); Rosalyn Ajoste (Empty Vessel Ministry Foundation president); Ellena Sutton (Empty Vessel Ministry Foundation board liaison/thrift shop manager); Gregoria Olopai (Empty Vessel Ministry Foundation outreach volunteer/co-treasurer/admin); Guy Pudney (Marpac resident manager); James Lee (Marpac Beverage Sales manager).

Anheuser-Busch, through Marianas Pacific Distributors, donated over 4,700 cans of drinking water and 1,000 disposable face masks to Empty Vessel Ministry Foundation of Saipan last Thursday, July 16, 2020.

“Thanks to Anheuser-Busch and their #ONETEAM approach, we are able to reach those in the community that need these supplies the most and by partnering with Empty Vessel we will be able to accomplish that task,” said Marpac resident manager Guy Pudney. Rosalyn Ajoste, president of Empty Vessel Ministry Foundation, said, “Since the beginning of the COVID-19 pandemic, EVM has been able to serve over 5,000 individuals in our community. We are still in need of donations. Thanks to local businesses and organizations, such as Marpac, we hope to continue serving the CNMI community for years to come.”

Empty Vessel Ministry Foundation is a non-profit, faith-based organization that relies on donations to carry out its commitment to meet the needs of the socioeconomically disadvantaged in the community. If you would like to support their COVID-19 Emergency Food Program, visit their GoFundMe page at [www.gofundme.com/f/evmf-saipan-covid19-emergency-food-program](http://www.gofundme.com/f/evmf-saipan-covid19-emergency-food-program). (PR)

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PROCUREMENT AND SUPPLY  
CNMI GOVERNMENT

REQUEST FOR PROPOSALS  
RFP NO.: RFP20-GOV-085

SUBMISSION DATE: AUGUST 10, 2020 TIME: 09:30 A.M.

**“PROFESSIONAL ADVISORY SERVICES  
FOR THE OFFICE OF THE GOVERNOR,  
COMMONWEALTH BUREAU OF MILITARY AFFAIRS”**

COPIES OF THE SPECIFICATIONS MAY BE OBTAINED AT THE OFFICE OF THE DIRECTOR OF PROCUREMENT & SUPPLY, LOCATED AT THE FORMER EMERGENCY MANAGEMENT OFFICE, ASCENSION DRIVE, BUILDING NO. 1301, CAPITOL HILL, SAIPAN, DURING REGULAR WORKING HOURS.

**\*\*MUST USE A FACE MASK BEFORE ENTERING THE OFFICE\*\***

**PRE-PROPOSAL QUESTIONS** – ANY QUESTIONS AND/OR CLARIFICATIONS SHALL BE SUBMITTED TO **MS. GLENNA SP REYES** IN WRITING VIA EMAIL TO [glenna.sp.reyes.ao@gmail.com](mailto:glenna.sp.reyes.ao@gmail.com) NO LATER THAN **04:00 P.M., LOCAL TIME, JULY 27, 2020**. ALL QUESTIONS AND/OR CLARIFICATIONS SHALL BE SHARED WITH ALL PROPOSERS.

**THE PROVISIONS OF THE CNMI PROCUREMENT REGULATIONS, NMIAC SECTION 70-30.3-725 AND 70-30.3-730 PROHIBITING GRATUITIES, KICKBACKS AND CONTINGENT FEES SHALL APPLY.**

THE CNMI GOVERNMENT RESERVES THE RIGHT TO REJECT ANY OR ALL BIDS, OR PORTIONS THEREOF, AND WAIVE IMMATERIAL DEFECTS IF TO DO SO WOULD BE IN THE BEST INTEREST OF THE CNMI GOVERNMENT.

**/S/ RALPH DLG. TORRES**  
GOVERNOR, CNMI

**/S/ FRANCISCO C. AGUON**  
ACTING DIRECTOR, P&S

**/S/ GLENNA SP. REYES**  
SA, MILITARY AFFAIRS

COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS  
OFFICE OF THE GOVERNOR  
DEPARTMENT OF PUBLIC LANDS  
P.O. Box 500830, Saipan, MP 96950 • Tel. (670) 234-3751/52/53  
Facebook Address: [facebook.com/DPLCNMI](https://www.facebook.com/DPLCNMI) • Website: [www.dpl.gov.mp](http://www.dpl.gov.mp)

## REQUEST FOR PROPOSAL (RFP)

SUBMISSION DEADLINE: August 07, 2020

### LEASE AND DEVELOPMENT OF PUBLIC PROPERTIES IN SAIPAN

Governor Ralph DLG. Torres and Lt. Governor Arnold I. Palacios, through the Department of Public Lands (DPL), are soliciting sealed proposals from interested and qualified companies or individuals for the purpose of leasing and commercial development of the following public land in Saipan, Northern Marianas islands, as is.

RFP	Lot Number	Area Size	Location
RFP20-RED005	006 D 76	743 sq. meters	Garapan
RFP20-RED006	Portion of 117 D 09	3,011 sq. meters	Puerto Rico
RFP20-RED007	117 D 03	4,892 sq. meters	Puerto Rico
RFP20-RED008	045 E 01	4,200 sq. meters	Lower Base
RFP20-RED009	045 E 02	2,000 sq. meters	Lower Base
RFP20-RED010	038 E 03	4,000 sq. meters	Lower Base
RFP20-RED011	027 E 04	5,000 sq. meters	Lower Base
RFP20-RED012	012 E 02	3,140 sq. meters	Lower Base
RFP20-RED013	004 E 03	7,500 sq. meters	Lower Base
RFP20-RED014	002 B 24	1,500 sq. meters	Tanapag
RFP20-RED015	1794NEW	29,899 sq. meters	Chalan Kiya

The RFP instruction and information package (RFP Packet) is available at the Department of Public Lands office, located on the 2nd Floor of the Joeten Dandan Building, Saipan, during the hours of 7:30am to 4:30pm, Monday through Friday, except holidays. If hardcopy is preferred, a .50 cents charge per page will assessed, however, full package of RFP is available to download at [www.dpl.gov.mp](http://www.dpl.gov.mp) or can be emailed to anyone interested at no cost.

Interested proposers from overseas may request an RFP Packet by email. The request must reference the selected RFP number and location of choice. Requests should be sent to the address shown below.

Questions from proposing firms regarding the contents of the RFP packet must be received, **no later than 4:30 pm on Friday July 10, 2020 ChST** and must be submitted in writing via mail, email or facsimile to Secretary, Department of Public Lands at the following address:

Department of Public Lands  
P.O. Box 500380  
Saipan, MP 96950  
Telephone number(s): (670) 234-3751/52/53  
Facsimile number: (670) 234-3755  
Email: [dpl@dpl.gov.mp](mailto:dpl@dpl.gov.mp)

Response to questions will be summarized and shared with all proposers in a “Question and Answer” format.

The DPL reserves the right to reject any or all proposals and to waive any imperfection in any proposal, if, in its opinion to do so would be in the best interest of public land beneficiaries. All proposals shall become the sole property of the DPL.

**/s/ Marianne Concepcion-Teregeyo, Secretary**  
Department of Public Lands

### Brilliant Star Montessori School Teacher Aide needed August, 2020

Duties are to assist the lead teacher, preparing curriculum materials as directed, setting up and cleaning up each day. Also to supervise children using materials as directed. Mandarin and English speaking preferred. Previous knowledge of Montessori pedagogy and experience working with young children a plus. U.S. citizens and/or permanent residents are preferred.

Contact Steven Beyer at [principal@brilliantstar.org](mailto:principal@brilliantstar.org).



## EARTHQUAKE BRIEFS

### 4.6-magnitude quake in the CNMI

At 2:14am on July 18, 2020, a report of a 4.6-magnitude earthquake occurred at 19.937°N 147.606°E Mariana Islands region, Northern Mariana Islands. Currently, there

are no tsunami advisories or warnings issued by the Pacific Tsunami Warning Center. For more information contact the CNMI State Warning Point at 670-237-8000. *(PR)*

### 6.5-magnitude quake in

## CUC ADVISORIES

### Scheduled water outage in San Roque, Achugao, Tanapag

There will be a scheduled water service interruption in San Roque, Achugao and Tanapag on Thursday, July 23, 2020, from 8am to 6pm, due to a 12-inch main line break at the entrance of Esmeralda Street in San Roque. Water operations personnel of the Commonwealth Utilities Corp. will be making the necessary repairs. Customers in the affected areas should expect restoration of water service soon after. Motorists are also advised to proceed with caution when traveling through the Chaim Pale Arnold area as the northbound outer lane will be closed for repairs.

For more information, contact the CUC Customer Call Center (664-4282) or monitor its Facebook page for the latest updates (<https://www.facebook.com/CommonwealthUtilitiesCorporation/>). *(PR)*

### Scheduled power interruptions on July 22, 23

The Commonwealth Utilities Corp. would like to inform the public that there will be scheduled power interruptions on July 22 and 23, 2020.

As CUC continues its ongoing system maintenance, there will be scheduled power interruptions to de-energize utility lines such that CUC linemen are able to safely perform line clearing on primary lines and to straighten a leaning transformer primary pole as a result of Super Typhoon Yutu within the affected areas of Gualo Rai and Navy Hill. Because of the scale of work that will be performed, CUC asks travelers to take alternate routes or to exercise caution when driving through the working area.

■ Wednesday, July 22, 2020 — 9am to 11am

□ Outage type: Sectionalized outage on the Feeder 1 circuit

□ Project location: Navy Hill

□ Power service area(s) affected: Navy Hill (Delgado Dr., Fitme Pl., Kotdura Ln., Manehante Av., Victoria Av.,

### Tonga

An earthquake with a preliminary magnitude of 6.5 occurred in the Tonga Islands at 1:33am on Sunday July 19 2020. Based on all available data, there is no tsunami threat to Guam, Rota, Tinian, or Saipan from this earthquake. *(PR)*

Mayoria Av., Isla Dr., Fuetsa Lp., Documento Ln., Gurupu Dr., Rekto Dr., Suheta Pl., and Dinana Ln. These areas are from the baseball field, lateral going to OVR and down toward the Tan mansion)

□ Water well(s) affected: None

□ Wastewater lift station(s) affected: None

■ Thursday, July 23, 2020 — 8:30am to 12:30pm.

□ Outage type: Sectionalized outage on the Kiya 3 circuit



□ Project location: Gualo Rai

□ Power service area(s) affected: Portions of Gualo Rai (only the lateral between Pizza Hut and Lin SHR Inc. Hardware Store)

□ Water well(s) affected: None

□ Wastewater lift station(s) affected: None

For more information, contact the CUC hotline (236-4333) or monitor its Facebook page for the latest updates (<https://www.facebook.com/CommonwealthUtilitiesCorporation/>). *(PR)*



## Commonwealth Utilities Corporation

### REQUEST FOR PROPOSALS

#### CUC-RFP-20-007

#### Archaeological Services for S19-069 Construction of Afetna Sewer Collection Upgrade

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed proposals from Archaeologists or firms that meet the U.S. Department of Interior qualifications (36CFR61) to create a work plan, to prepare information, data and documentation needed to conduct Section 106 Review of the National Historic Preservation Act for FY19 for the construction of a new sewerline in Afetna Village, Saipan, Northern Mariana Islands.

**This project is funded through a grant from the U.S. Environmental Protection Agency (USEPA). Award of this project is contingent upon receipt of approval of the USEPA.**

The existing Afetna sewer system was privately built and poorly installed due to excessive buildup of the Garment Industry. The project aims to replace the old system with approximately 5000 linear feet of new gravity sewer main with new sewer laterals and the installation of sewer manholes.

The scope of Archaeological Services will include, but not be limited to:

- Conducting the necessary research and fieldwork that represents a reasonable and good faith effort to identify historic properties, to include archaeological resources, as set out in the regulations 36 CFR § 800.4(b)(1):
  - Background research design and work plan;
  - Archival background information;
  - Sample field investigation, and field survey;
  - Past planning, research and studies;
  - The magnitude and nature of the undertaking;
  - The degree of federal involvement;
  - The nature and extent of potential effects on historic properties within the APE;
  - The likely nature, identification and location of historic properties within the APE; and,
  - Create a mitigation plan to resolve adverse effects.
- Preparation of the necessary reports and letters for submittal to various federal and local resource agencies to address environmental requirements of Section 106 to completely secure concurrence for the projects ready for construction.
- Deliverables
  - 2 copies of the final report for review and approval to HPO and CUC, and
  - Map showing the location of identified historic properties which would assist with alignment of the sewerline to avoid such properties.

The RFP package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of \$100.00 for one RFP package set.

**One (1) original and five (5) hard copies of the proposal must be submitted in a sealed envelope** marked “*CUC-RFP-20-007: Archaeological Services for S-19-069 Construction of Afetna Sewer Collection Upgrade*” to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than **August 14, 2020 at 10:00 AM (ChST)**. Late submissions and conditional proposals will not be considered.

Discussions may be conducted with responsible proposers who submit proposal determined to be reasonably susceptible of being selected for award for the purpose of clarification and to ensure full understanding of and responsiveness to solicitation requirements. All proposers shall be accorded fair and equal treatment with respect to any opportunity for discussion. During discussions, there will be no disclosure of any information derived from the proposal submitted by competing proposers.

All proposers are advised that CUC assumes no responsibility in any act of omission on the part of the proposer due to lack of information or understanding of the RFP requirements in the course of proposer's preparation of the RFP under the contract. The RFP does not commit CUC to award a contract, to pay any cost incurred in the preparation of the RFP under this request, or to procure or contract for services. Proposers are required to comply with all CNMI and applicable Federal Laws. This RFP and the ensuing contract shall be executed as per the CUC Procurement Regulations.

Questions or requests for clarification will be entertained only from pre-registered prospective proposers and must be submitted in writing no later than **10:00 AM (ChST) on July 27, 2020** to Manny B. Sablan, CUC Purchasing Administrator, via email address [manny.sablan@cucgov.org](mailto:manny.sablan@cucgov.org) with a copy to Nicolette Villagomez, Water/Wastewater Engineer, via email address [nicolette.villagomez@cucgov.org](mailto:nicolette.villagomez@cucgov.org).

CUC reserves the right to reject any or all proposals for any reason and to waive any defects in said RFP, if in its sole opinion, to do so would be in the best interest of CUC. All proposals shall become the property of CUC.

GARY P. CAMACHO  
Executive Director

MANNY B. SABLAN  
Purchasing Administrator



### COMMONWEALTH PORTS AUTHORITY

#### CNMI GOVERNMENT

Main Office: SAIPAN INTERNATIONAL AIRPORT  
P.O. BOX 501055 • SAIPAN • MP 96950  
Phone: (670) 237-6500 • Fax: (670) 234-5962  
E-mail Address: [cpa.admin@pticom.com](mailto:cpa.admin@pticom.com) • Website: [www.cpa.gov.mp](http://www.cpa.gov.mp)

## INVITATION FOR BID

# PROJECT NO. CPA-IFB-002-20

## PROCUREMENT AND DELIVERY OF ONE (1) UNIT HAZMAT TRAILER TO TINIAN INTERNATIONAL AIRPORT, TINIAN

The Commonwealth Ports Authority (CPA) is soliciting sealed bids for the procurement and delivery of one (1) unit HAZMAT Trailer for the Tinian International Airport, Tinian. Bidders shall take into consideration all charges associated with this procurement before finalizing their bid price.

The Bid Package is available for pick-up beginning June 22, 2020, at the CPA Accounting Office, 2nd Floor, Departure Terminal Building, Saipan International Airport, upon a non-refundable payment of \$100.00 in cash or cashier's check.

Questions regarding this procurement should be submitted in writing through the CPA Procurement Officer via email at [atudela@cpa.gov.mp](mailto:atudela@cpa.gov.mp) on or before July 13, 2020.

All bids shall be sealed and marked on the cover package outside as follows: “Bid for Procurement and Delivery of one (1) unit HAZMAT Trailer/IFB-002-20”. One (1) original and two (2) copies of the bid must be submitted no later than **2:00 p.m. Local Time, July 20, 2020**, to the Office of the Executive Director at the Saipan International Airport. Bids will be opened at 3:00 p.m. and publicly announced at the CPA Procurement Office, 2nd Floor, Departure Terminal Building, Saipan International Airport. Bidders are welcome to attend the bid opening. Bids submitted by facsimile (fax) transmission will not be considered. Any bids received after the bid submittal deadline shall be rejected and returned to the bidder unopened.


The Commonwealth Ports Authority reserves the right to reject any or all bids submitted for; (a) any of the reasons set forth in this Invitation for Bids; (b) any of the reasons set forth in the CPA Procurement Rules and Regulations regarding bid rejection or cancellation; or (c) sufficient justification exists that awarding the bid would not be in the best interest of CPA. The CPA further reserves the right to waive any defects in said bids if in its sole opinion to do so would not be in CPA's best interest.

All bids shall become the property of the Commonwealth Ports Authority. This Invitation for Bid shall be executed as per the CPA Procurement Regulations.

**FOR THE COMMONWEALTH PORTS AUTHORITY**

**CHRISTOPHER S. TENORIO**  
EXECUTIVE DIRECTOR

Date: \_\_\_\_\_



### CAPITAL IMPROVEMENT PROGRAM

## OFFICE OF THE GOVERNOR

#### COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

Tel: (670) 664-2371 | Fax: (670) 664-2408 | Caller Box 10007, Saipan, MP 96950

### ADDENDUM NO.1

July 14, 2020

#### ITB20-GOV-079

### Rota Infrastructure Maintenance Project – Renovation of the Rota Department of Public Safety's Operations and Administration Buildings

- Sealed bids must be marked ITB20-GOV-079 Rota Infrastructure Maintenance Project – Renovation of the Rota Department of Public Safety's Operations and Administration Buildings. For bidders within the CNMI, an original and two copies of sealed bids must be submitted to the Director of Procurement and Supply located at the former Emergency Management Office, Building No. 1301, Ascension Drive, Capitol Hill, Saipan no later than **August 5, 2020**. Bidders located outside of the CNMI may obtain an additional seven (7) working days for receipt of their bids by submitting a Notice of Intent to Bid. Notices of Intent to Bid must be received by the Director of Procurement and Supply no later than **August 5, 2020** and must be transmitted via facsimile to (670) 664-1515, or via e-mail to [a.magofna@dof.gov.mp](mailto:a.magofna@dof.gov.mp). For bidders located outside the CNMI, an original and two copies of sealed bids must be postmarked by the U.S. Postal Service or the official government postal service of a foreign country no later than **August 5, 2020** and mailed to the Acting Director of Procurement and Supply at P.O. Box 510008 C.K., Saipan, MP, 96950 and the bid documents must be received no later than **August 14, 2020**. Failure to submit the required number of copies may be cause for rejection of a bid.
- Bids will be publicly opened and read at the Division of Procurement and Supply, located at the former Emergency Management Office Building No. 1301, Ascension Drive, Capitol Hill, Saipan, at **August 17, 2020 at 10:30am**. However, if no notices of Intent to Bid are received from bidders outside the CNMI, bids will be opened on **August 5, 2020 at 10:30am**.
- Questions concerning this project shall be directed to Viola Marie Deleon Guerrero in writing by e-mail: [violamarie.cip@gmail.com](mailto:violamarie.cip@gmail.com), on or before July 22, 2020 to the Capital Improvement Program, Office of the Governor, Juan A. Sablan Administration Building, Capitol Hill, Saipan, or fax (670) 664-2408. All responses to inquiries will be shared with all prospective bidders.
- Response to the Requests for Information is attached to this Addendum No. 1 package.
- Minutes of the pre-bid conference are attached to this Addendum No. 1 package.

The Addendum No. 1 package may be picked up at the CIP Program Office, Office of the Governor, Juan A. Sablan Administration Building in Capitol Hill, Saipan or email Ms. Viola Marie Deleon Guerrero at [violamarie.cip@gmail.com](mailto:violamarie.cip@gmail.com) for an electronic file of the Addendum No. 1 package. Receipt of this addendum must be acknowledged by the contractor in the Bid Proposal.

**All other requirements of the Invitation to Bid and the project package shall remain as stated.**

A. Kodep Ogumoro-Uludong  
Director, Office of Planning and Development

Francisco Aguon  
Acting Director, Procurement & Supply

**END OF ADDENDUM NO.1**



# Opinion

Hafa Adair

## Saipan Tribune

THE CNMI'S FIRST DAILY NEWSPAPER

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### EDITORIAL

## Shift of COVID-19 hospital data from the CDC to Washington hurts public trust

If this pandemic has taught us anything, it is how important accurate and transparent data is to this country getting control of this disease.

In our view, COVID-19 data is best collected and analyzed by the professionals and health experts at the Centers for Disease Control.

We worry about the CDC's report that the Trump administration has told states to start sending hospital data to Health and Human Services in Washington first, instead of sending it directly to the CDC. Up until Tuesday, the information on hospital capacity, health care worker staffing and personal protective equipment supply had been readily available on the CDC website. What was left by Thursday was a note saying the information gathered through July 14 would no longer be updated.

Public trust that we are getting accurate and timely information is critical as cases and deaths continue to mount in Texas and other states.

On Wednesday, Dallas County alone recorded its 13th consecutive day of more than 1,000 coronavirus cases. The day before, it tied a record of 20 deaths. County Judge Clay Jenkins says this week could be one of the deadliest.

Hospital capacity information is critical. For its part, the HHS say the decision was made to streamline data reporting and to provide HHS officials with real-time data. We're glad to hear Director Michael Caputo say that the CDC should make the data public on its web site again. We hope he makes that happen.

We know that the CDC's reporting infrastructure on COVID-19 has been less than perfect. Still, shifting the data away from going directly to the CDC raises concerns about how forthcoming the Trump administration will be on giving the Americans a clear overall picture of where the nation's pandemic fight stands.

In the last week, President Donald Trump and White House officials continued to question the expertise of public health officials. Trump has cast doubt on the precautions recommended by his own top infectious disease expert, Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases.

We've repeatedly argued that if we have any hope of slowing this virus, we must follow the science and the advice of the experts on wearing masks and social distancing.

There are too many Americans still not taking this disease seriously. Having a central collection of data, objectively analyzed by experts charged with controlling infectious disease in this country, is the best thing we can do to convince more people that this pandemic is real. The CDC exists to ensure that America has the best research and analysis of infectious disease. There should be no roadblocks to it doing its job.

The response to this pandemic has been woefully inadequate by many of our government leaders. This has the potential to make it worse.

(c)2020 The Dallas Morning News



## Taking matters into your own hands and fighting the coronavirus

COVID-19's seemingly inexorable march across the country has many Americans feeling helpless and hopeless. In surveys conducted by the Census Bureau from June 18-23, 48% of respondents reported they felt "down, depressed or hopeless."

No wonder. For months we've been bombarded nonstop with news stories of rising case numbers and public service announcements admonishing us about masks, hand-washing and social distancing. It would be easy to conclude that all we can do is hunker down and pray that the coronavirus dies out before we do.

But that would be the wrong conclusion.

One of Hollywood's favorite scenarios presents us with a handful of good guys, cut off from any prospect of outside relief, bracing for an imminent attack from a sinister and merciless horde. "The Magnificent Seven" is a classic of this genre. In it, a gang of outlaws led by the bandit Calvera (played convincingly by Eli Wallach in the 1960 version) is coming to terrorize a small Mexican village. Knowing they are badly outgunned, the frightened townspeople feel the situation is hopeless.

That changes when seven outsiders (led by Yul Brynner as gunslinger Chris Adams) rally the citizens, train them to shoot and proceed to set traps and arrange other unpleasant surprises for the bad guys. When the outlaws arrive, they are shocked by the stout defenses. In the end, the good villagers, together with the "Seven," triumph and the gang is vanquished.

So what does that have to do with our current predicament? The CDC reports that the most adverse effects of COVID are largely concentrated among the elderly and those who suffer from some chronic medical conditions. We can't do anything about our age, but, just like the villagers in "The Magnificent Seven," we can still fight back.

CDC case tracking shows that among those hospitalized for COVID, 54% were already suffering from hypertension, 49% were obese and 32% had cardiovascular disease. Each of these conditions places a person at greater risk of hospitalization from COVID. Fortunately there are steps individuals can take to ameliorate these preexisting conditions.

The Mayo Clinic has found that for those suffering from hypertension, becoming just moderately active can reduce their top number of blood pressure by 4 to 9 mmHg—an improvement that rivals that provided by some medicines.

Even if you don't suffer from hypertension, obesity or cardiovascular disease, exercise can boost your odds against COVID. Just

By **THOMAS W. SPOEHR**  
The Heritage Foundation

A retired Army lieutenant general, Thomas W. Spoeher is director of The Heritage Foundation's Center for National Defense.



moderate exercise has been proven to dramatically improve the effectiveness of the body's immune system in dealing with disease, and that includes SARS-CoV-2, the virus that causes COVID-19.

Unfortunately preliminary data suggest that, in this crisis, Americans are not getting more exercise. Time reports that 3,000 adults who had been meeting exercise guidelines before the pandemic, reported their physical activity had declined by an average of 32%. And those not meeting the guidelines pre-COVID were still not meeting them.

Other studies suggest the drop-off in exercising has been most pronounced among those living in urban areas. Those in rural areas generally kept the same or even in some cases increased their levels.

That makes sense. In cities where gyms have closed and sidewalks are narrow, it's harder to get exercise. But not impossible. Each morning my 70ish neighbor rises before dawn and sets off on a brisk 3-mile walk. If she can, why not us?

Experts report the risk of catching COVID while outside is lower than being inside. Outside walking, running, yoga and body weight exercises are all activities which, done correctly, can be safe and contribute to a healthier, more resilient posture for COVID. Parents, mentors and others in positions of influence should consider encouraging those they care about to exercise and stay active.

Even before COVID arrived at our doorstep, America was already facing a public health crisis. Our country leads the world in obesity, with 42.4% of adults considered obese. But working together, this problem can be solved.

Just like the good citizens of that small Mexican village, you too can choose to not sit back and await the seemingly inevitable. You can take matters into your own hands and prepare to fight this unsavory bandit, the unwelcome coronavirus, when it arrives at your "village." And if nothing else, you have a recommendation for a film to stream during your post-exercise recovery time.



**EDITORIAL POLICY**

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## Performance and loyalty: DPS chief violated rights of furloughed officers

*Editor's Note: The following is the text of the author's statement on the floor at the House session on Thursday, about the CNMI Department of Public Safety.*

**M**r. Speaker and colleagues: As many of us saw from the Department of Public Safety's budget hearing yesterday [Wednesday, July 15, 2020], the commissioner threw a bit of a tantrum when asked about nepotism in his department. He acted in a way that is unbecoming of his position and disrespectful not just to me but also to this body. [Committee] chairman [Ivan] Blanco, I'd like to thank you for interjecting to restore order and decorum in that hearing.

But to me and my colleagues, what is even more troubling than the commissioner's belligerent conduct is that he also essentially acknowledged that he violated the civil service regulations and the rights of the police officers that he furloughed. He did not consult with legal counsel. He did not even bother to read the regulations.

Instead, Commissioner Guerrero unilaterally made the decision to furlough police officers based, in his words, on performance and loyalty. This is not in compliance with the civil service regulations, which are intended to ensure fairness and orderliness when reductions in force must be made for lack of funds, and to protect civil service employees and recognize seniority of service.

Performance and loyalty. What exactly did the commissioner mean by that? He couldn't explain. And if we talk to the officers that he chose to furlough, I will bet you, with confidence, that many of them will be able to show exemplary records of public service. Some of them have been in the force for two decades, certainly longer than the commissioner's sons and other relatives and loyalists who remain at DPS. Some of them are decorated military veterans who served our country honorably and deserve far better than the treatment they got.

And, by the way, he furloughed these police officers at a time when the department has continued to pay overtime, including overtime to the commissioner himself, who is not legally eligible in the first place. As if to justify his additional COVID-19 pay, he said moving boxes on a runway is not a regular part of his duties. He's right: it's not. Surely there were other COVID-19 assigned staff who could have done that job.

Further, when the commissioner claimed that the furloughed police officers were advised of their rights to appeal their furloughs, pursuant to the civil service regulations, that was a blatant misrepresentation of facts.

After the hearing, I received a copy of one of the furlough letters he sent out, and it actually advises the officers that they have NO OPTION to appeal, which is just plainly wrong, according to the civil service regulations. I hope they all appeal. Frankly, I hope they all sue. That would be within their rights.

These are abuses of power, colleagues, happening within DPS. The question is, what are we going to do about it? DPS has long been

**By CHRISTINA SABLAN**

Special to the Saipan Tribune



*Christina Sablan is a member of the House of Representatives in the CNMI Legislature.*

overdue for oversight. In yesterday's budget hearing, we covered just a sampling of the many, many areas of concern and abuse.

I know that we are in the middle of the budget process. I know that there are legislative investigations already underway. My plate is full too. But I think more scrutiny on DPS is also necessary. Public safety is paramount, and the wellbeing of our community rests so much on the morale and wellbeing of our police officers, and the integrity and honor of their department and their leadership.

A final note, on the rights of civil service employees generally: what I wonder, colleagues, is how widespread the violations are in the administration's implementation of this reduction-in-force? How many other employees across our government have been furloughed for "performance and loyalty"? Let's call it what it is: for politics?

Senators raised some of these questions, about the furlough process, in one of their hearings last week, but it's not clear to me that answers were actually delivered, or that problems were actually fixed. I think we need to probe more. And I respectfully request, Mr. Speaker, that we call in [the Office of Personnel Management] and the agency heads who have implemented furloughs, to meet with us and answer our questions.

## Trumpty Dumpty Tweeter Tales

**LITERARY NOOK**

**By JOEY 'PEPE BATBON' CONNOLLY**

Special to the Saipan Tribune



*Joey aka Pepe Batbon is a retired educator who taught in the CNMI, NOLA, and LVNV. He is a sonnet practitioner who enjoys stargazing.*

**A Photo Op is Not a Policy**

At the head of men in medical military uniform still qualifying his resistance to the national norm we saw him on television news wearing a mask finally following CDC guidelines but late on task playing out his consistent demagogic deform.

SCOTUS ruled on 45s refusal to submit taxes despite his egregious arguments, tweets and faxes we may well have to wait till after the election for a more thorough examination and inspection before his post presidential golf course relaxes.

What a callous unthinking choice of venue his large unmasked campaign gathering menu falling lower in the polls, less folks turn out 45 suffering anxiety, disturbed state and gout desperate for popular figures to join his retinue.

**DJT: To See or Not To See**

*A public school teacher, Lily Eskalon Garcia, was asked in a recent TV interview what she would say to 45 and Education boss Betsy DeVos about pressure on governors to reopen the nation's schools. She asked, "Would you dare to spend a day in my classroom with 39 students?"*

A significant aspect of POTUS 45 American Tragedy is he actually wants to be the blind leading the blind a plethora of mental problems put blinders on his ability for empathy and understanding issues that come to mind a 5th grade vocabulary, him being a nonreader and stuck on himself and self alone, relies on tweeting with phone makes him desire his sycophants to focus solely on him though he hired 'the best' he forced himself out of luck the generals and business leaders had minds of their own they had hindsight, foresight, vision while 45 used whim he got rid of independent thinkers one at a time one by one and brought in sycophants, compliant ready and hot to trot he steers his course blind, they follow along until he is done as morals, ethics, leadership, and rule of law continue to rot.

## The public has little faith in a return to school

**P**resident Donald Trump this week began demanding that schools open in the fall. It's a successor to his demand last spring that the economy reopen full throttle, and it looks like it will be similarly ignored.

Both are excellent goals, of course. Lots of experts, from pediatricians to economists, stress the importance of students returning to class. But as long as Trump's safe-schools planning consists of an all-caps tweet, the president is unlikely to convince a few crucial constituencies—principals, teachers, parents—that he has their best interests at heart.

Only 12.4% of school principals say they are "extremely confident" in their school or district's ability to "preserve the health of staff and students" if school opens in the fall, according to a survey released this week by the National Association of Secondary School Principals. Another 22.8% felt "somewhat confident."

Imagine the delight of parents and teachers upon learning that their school principal is "somewhat confident" of keeping disease and death at bay. Now consider that the majority of principals can't muster even that lukewarm endorsement. More than a third of the 1,450 principals who responded to the survey reported feeling "somewhat unconfident" or "not at all confident."

Principals are also wary of the politics of Covid-19. "My fear is that the public will be looking at each measure as a political statement, and some will ignore the advice of health officials in regards to their kids just to prove a point," one respondent said. "I'm not looking forward to arguing with those who don't take this seriously," another said. And there are practical problems for which there are no real answers: "How do you tell a four-year old to social distance?" one principal asked.

In California, where coronavirus cases are resurgent, officials are now in full retreat from school openings. "Every single school district at this point needs to have plans in place to continue distance learning for 100% of the time," Los Angeles Public Health Director Barbara Ferrer told administrators this week.

Principals and health officials are not the only ones lacking confidence.

In a USA Today/Ipsos poll in May, when the pandemic outlook was brighter than it is today, 87% of teachers said they expected difficulty enforcing social distancing among students.

**By FRANCIS WILKINSON**

Bloomberg View



*Francis Wilkinson writes editorials on politics and U.S. domestic policy for Bloomberg View. He was executive editor of the Week. He was previously a national affairs writer for Rolling Stone, a communications consultant and a political media strategist.*

A robust 18% said they would quit working if their school were to reopen. Among teachers over age 55, that rose to 25%.

So the majority of principals express limited confidence in their ability to keep schools safe, and almost one-fifth of the teaching corps said in May that they would abandon their jobs if schools reopen.

OK. How's it going with parents?

According to a parallel USA Today/Ipsos poll taken in May, 46% of Americans (47% among parents with at least one K-12 student) support a return to in-person schooling before there is a coronavirus vaccine. If schools reopen in fall, 59% of parents said they would likely pursue at-home learning such as remote school or homeschooling, and 30% said they would be very likely to do so. In a national survey of Hispanic parents and grandparents conducted this month by Latino Decisions, 53% of Hispanic parents or caregivers said they are considering not sending their children to school or childcare this fall even though 83% are worried that their students are falling behind.

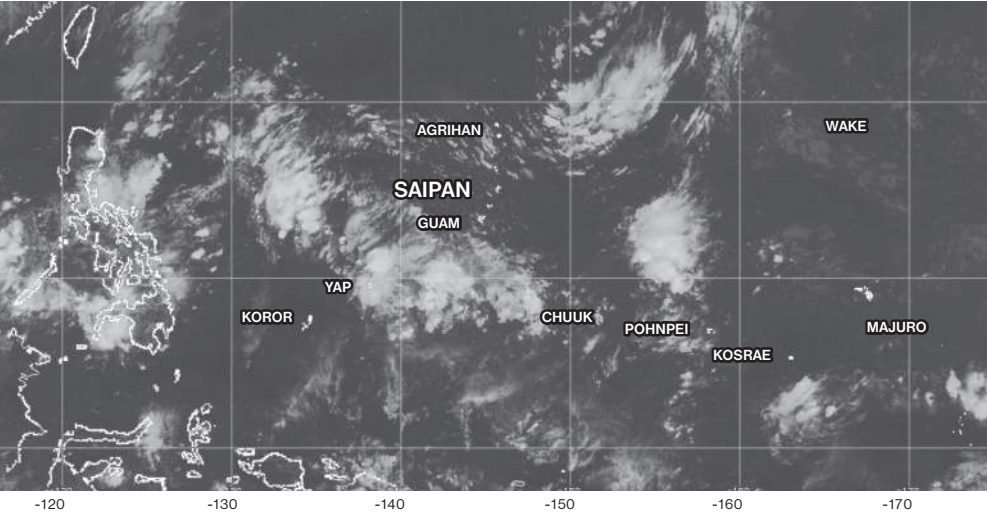
The lack of confidence in school openings mirrors a lack of confidence in the president. Only 41% of respondents to a Pew Research Center poll last month said they are confident or somewhat confident that Trump can handle the "public health impact of the coronavirus outbreak."

It's surely true that millions of parents are desperate to send their kids back to school, and many teachers and administrators are equally desperate to resume their vocations and a normal life. No doubt many would grasp at anything resembling a coherent plan from the White House. No such plan exists.



# The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN									
TODAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Cloudy with scattered showers and isolated thunderstorms. East winds 10 to 15 mph.		Mostly cloudy with isolated showers and thunderstorms.		Partly cloudy with isolated showers.		Partly cloudy with isolated showers.		Mostly cloudy with scattered showers and isolated thunderstorms.	
89°	78°	89°	79°	90°	79°	90°	79°	89°	78°
YESTERDAY'S SATELLITE IMAGE									



**PICTURE TIME: 12:35 PM, SUNDAY, JULY 19, 2020**  
Western North Pacific between equator and 25N from 130E to 180.

As a disturbance near Yap continues to move to the WNW, trade-wind convergence north of an eastward-extending surface trough continues to produce scattered showers across Guam and its adjacent waters. Showers decrease farther to the north over the CNMI. While not long-lived, showers will periodically pass over the island bringing brief bouts of moderate to heavy rainfall and occasional gusts.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: [www.prh.noaa.gov/guam/](http://www.prh.noaa.gov/guam/)

## STOP THE SPREAD

**T**he Governor's COVID-19 Task Force and Commonwealth Healthcare Corp. continue to encourage residents within the Marianas to practice social distancing, which means avoiding close contact with people in order to avoid catching the virus yourself and to avoid passing it on to others.

- Stay home as much as possible. Avoid unnecessary travel or public places.
- Avoid social gatherings in groups of more than 10.
- Choose drive-thru, take-out, or delivery options, or outdoor seating, if available, when dining in.
- Send only one healthy adult from the household run necessary errands, such as getting groceries or picking up medications. Leave children, elderly, and other vulnerable people at home as much as possible. When returning home from an errand, wash your hands before doing anything else.
- Older adults and people with chronic medical conditions are at higher risk of getting very sick from this illness. People at high risk should stay at home as much as possible.
- Create a household plan of action, <https://www.cdc.gov/coronavirus/2019-ncov/prepare/checklist-household-ready.html>
- Ensure a 30-day supply of all medicines.

able, use an alcohol-based hand sanitizer.

- Avoiding touching your eyes, nose, and mouth with unwashed hands.
- Limiting visitors

CHCC appreciates the patience and understanding of the community at this time. To obtain general information about the CNMI COVID-19 response, contact the Governor's COVID-19 Task Force Hotline at 287-0046, 287-0489, 287-1089. These numbers are available Monday to Sunday, 7:30am - 4:30pm.

For medical information about COVID-19, reach out to the COVID-19 Infoline at the following numbers: 285-1672/1352. These numbers are available Monday to Friday, 7:30am - 4:30pm.

For mental health support and helpful tips during a crisis, call the Mental Health Support Line at 285-1856, 323-6560, 323-6561. These numbers are available Monday to Friday, 7:30am - 4:30 pm. For the 24/7 Disaster Distress Helpline, call SAMSHA at 1-800-985-5990.

For more information about DIY face coverings, visit <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>

For more information about CHCC programs, follow CHCC on Facebook, Instagram, Twitter at @cnmichcc, check out our website at [www.chcc.gov.mp](http://www.chcc.gov.mp) or call us at (670) 234-8950.

For more information on the Governor's COVID-19 Task Force, visit [www.governor.gov.mp](http://www.governor.gov.mp) and follow @GovernorCNMI on Facebook, Instagram, and Twitter.

This health advisory may be found online at <http://www.chcc.gov.mp/pressrelease.html> and at [www.governor.gov.mp/covid-19](http://www.governor.gov.mp/covid-19).

- ### Continue good hand hygiene

  - Wash your hands for at least 20 seconds with soap and water, avoid touching your face, cover coughs and sneezes with a tissue or your sleeve.
  - Use an alcohol-based hand sanitizer if soap and water are not readily available.

- ### Know the signs and symptoms of COVID-19 and what to do if you become symptomatic

  - Stay home when you are sick and if you recently traveled to a place with COVID-19. Self-quarantine means:
    - Choosing a room in your house that can be used to separate sick household members from others.
    - Washing your hands often with soap and water for at least 20 seconds. If soap and water are not avail-

### Rumor control

During crises like this, oftentimes the spread of misinformation is just as dangerous as the virus itself. The CNMI is reminded to only share official and verified notices, press releases, and advisories from the Governor's COVID-19 Task Force and CHCC.

Source: Office of the Governor

MICRONESIA			▲ ▼ °F
Guam and Rota	Thunderstorms	87° / 79°	
Palau	Thunderstorms	85° / 76°	
Yap	Thunderstorms	86° / 79°	
Chuuk	Thunderstorms	88° / 79°	
Pohnpei	Thunderstorms	87° / 77°	
Kosrae	Thunderstorms	87° / 77°	
Majuro	Thunderstorms	85° / 81°	

DAY	SUNRISE	SUNSET
Today	5:56 AM	6:50 PM
Tuesday	5:56 AM	6:50 PM
Wednesday	5:56 AM	6:50 PM
Thursday	5:57 AM	6:49 PM
Friday	5:57 AM	6:49 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	5:06 AM	6:31 PM	-
Tuesday	6:05 AM	7:26 PM	-
Wednesday	7:06 AM	8:17 PM	-
Thursday	8:06 AM	9:06 PM	-
Friday	9:05 AM	9:51 PM	-

AROUND THE GLOBE			▲ ▼ °F
Auckland	Rain	59° / 48°	
Beijing	Partly Cloudy	95° / 75°	
Hong Kong	Thunderstorms	88° / 82°	
Honolulu	Partly Cloudy	86° / 74°	
London	Partly Cloudy	75° / 59°	
Los Angeles	Sunny	88° / 70°	
Manila	Thunderstorms	91° / 79°	
Melbourne	Showers	54° / 45°	
Miami	Thunderstorms	86° / 80°	
New York	Mostly Sunny	84° / 72°	
Osaka	Partly Cloudy	88° / 75°	
Paris	Mostly Sunny	88° / 64°	
Busan	Mostly Cloudy	84° / 75°	
Rome	Sunny	90° / 70°	
Salem	Thunderstorms	88° / 73°	
San Francisco	Windy	63° / 53°	
Seoul	Thunderstorms	88° / 75°	
Tokyo	Thunderstorms	91° / 75°	
Washington, DC	Thunderstorms	91° / 74°	

TIDES: SAIPAN HARBOR TODAY			FEET
1:18 AM	HIGH TIDE	1.43	
6:09 AM	LOW TIDE	2.03	
1:37 PM	HIGH TIDE	-0.19	
8:50 PM	LOW TIDE	2.05	

## FLIGHT SCHEDULE

DEPARTURES				ARRIVALS			
SAIPAN-GUAM (GUM)				GUAM (GUM)-SAIPAN			
UA117	9:15am	9:55am	1, 4, 6	UA174	7:30am	8:11am	1, 4, 6

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. *(The Saipan Tribune is not responsible for any changes in the schedule.)*

## STAR MARIANAS AIR, INC.

SAIPAN TO ROTA				1207	13:00	13:15	Temporarily Unavailable
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY	1208	14:00	14:15	Temporarily Unavailable
1301.2	8:30AM	9:00AM	Tues/Fri	1209	15:00	15:15	Daily
1303	3:30PM	4:00PM	Tues/Fri	1210	16:00	16:15	Daily
ROTA TO SAIPAN				1211	17:00	17:15	Temporarily Unavailable
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY	1212	18:00	18:15	Temporarily Unavailable
3101.2	9:30AM	10:00AM	Tues/Fri				
3103	4:30PM	5:00PM	Tues/Fri				
ROTA TO GUAM				TINIAN TO SAIPAN			
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY	FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
3401	12:15	12:45	Temporarily Unavailable	2101	7:30	7:45	Temporarily Unavailable
GUAM TO ROTA				2102	8:30	8:45	Daily
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY	2103	9:30	9:45	Daily
4301	13:00	13:30	Temporarily Unavailable	2104	10:30	10:45	Temporarily Unavailable
SAIPAN TO TINIAN				2105	11:30	11:45	Temporarily Unavailable
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY	2106	12:30	12:45	Temporarily Unavailable
1201	7:00	7:15	Temporarily Unavailable	2107	13:30	13:45	Temporarily Unavailable
1202	8:00	8:15	Daily	2108	14:30	14:45	Temporarily Unavailable
1203	9:00	9:15	Daily	2109	15:30	15:45	Daily
1204	10:00	10:15	Temporarily Unavailable	2110	16:30	16:45	Daily
1205	11:00	11:15	Temporarily Unavailable	2111	17:30	17:45	Temporarily Unavailable
1206	12:00	12:15	Temporarily Unavailable	2112	18:30	18:45	Temporarily Unavailable



## NMI CRIME STOPPERS

Anonymous tips can now be submitted through the following:

- Call 234-7272 (PARA) on any telephone
- \*11 on any IT&E cellular phone
- Log on to the internet at [www.nmicrimestoppers.net](http://www.nmicrimestoppers.net)

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## Business

# Dolphin Wholesale Store bids goodbye

By **BEA CABRERA**  
beacabrerasaipan@gmail.com  
CORRESPONDENT

After 30 years of selling wholesale goods to other businesses and the community, Dolphin Wholesale Store in San Jose is shutting down permanently. The announcement was revealed on Facebook by customers last Thursday who took photos of the closing sale sign. This came as a surprise to all and left the community asking the question ‘why?’

Dolphin Wholesale general manager Ricardo Castro said

due to the poor economy last year, sales dropped but the straw that broke the camel’s back is the pandemic. “Nobody knows how long the pandemic will last and management cannot survive under the current circumstances that is why the decision to close the store was imminent,” he said.

“Since last year, we were already having a hard time because the local economy was down. Now with the pandemic, it will be harder maintain and catch up,” he added.

Dolphin Wholesale is cur-



**BEA CABRERA**  
Established 30 years ago, Dolphin Wholesale Store located in San Jose bids adieu to the community with the pandemic the reason for its closure.



**BEA CABRERA**

From left, Novilina Soriano, Prospero Apolonio, and general manager Ricardo Castro, all longtime Dolphin Wholesale Store employees.

## Mnuchin urges swift aid bill; ex-Fed chairs want bigger deal

**WASHINGTON (AP)**—Treasury Secretary Steven Mnuchin urged Congress Friday to quickly enact a new pandemic relief package targeting hardest-hit swaths of the economy, as lawmakers race to stand up federal aid in the face of the latest spike in coronavirus cases across much of the Sun Belt and persistent severe unemployment.

Deadlines loom as the extra \$600 weekly benefits provided by the federal government to tens of millions of unemployed workers are set to expire July 31. Mnuchin, the Trump administration’s chief negotiator on economic relief, told a House hearing that Congress should pass a new rescue package by the end of the month. Set for partisan negotiations next week, it would be the fifth virus relief bill since the spring, when Congress dispensed and President Donald Trump approved nearly \$3 trillion in emergency aid.

“We anticipate that addi-

tional relief will be targeted to certain industries, smaller businesses and lower- to middle-income families that have been especially hard-hit by the pandemic,” Mnuchin said. “Our focus will be on jobs and getting all Americans back to work.”

With the economic picture bleak, former Federal Reserve Chairs Ben Bernanke and Janet Yellen urged Congress to do more to help the economy deal with the devastating pandemic, such as extending increased unemployment benefits and providing assistance to hard-hit states and local governments, something many Republicans oppose.

The two former Fed leaders, making their first appearances Friday before a congressional panel since leaving the central bank, praised the efforts already made by the Fed and Congress but said both should be ready to do more given the severity of the shock the economy has endured.

rently offering 15% to 30% off for all items in the store as part of their closing sale and sure enough, people flocked the isles with their carts and baskets on Friday.

“The sale will go on as long as we have goods in the store... Personally, I am sad because the reason for closing the store is a situation that we do not have control over but when we see our regular customers and hear their heartfelt messages, I am grateful that until the end they are here to support us,” Castro said.

Marita Bautista, of Chalan Kanoa, said that when she heard that Dolphin Wholesale was closing she felt a pinch in her chest, like a family member is going away. “Over the years, I go to Dolphin Wholesale for anything that I need for my car, house, and garden. When my family and I have a day for shopping, we go to



different stores and Dolphin Wholesale is one those stores every time.”

“Now that they are closing and having the sale, I feel like I should go buy something to show them my support and thanks,” she added.

Castro and seven other employees will be out of work when they finally close shop. “I started working here in 1993, the rest have worked

for over 10 years and one is still here ever since Dolphin Wholesale opened 30 years ago. There are plans to sell the business to an interested buyer and we heard talks that all Dolphin Wholesale, because of [their] expertise and experience, will be absorbed by the possible new management which gives us hope.”

“Negotiations include future plans to retain the current busi-

**BEA CABRERA**  
Long lines at Dolphin Wholesale Store last Friday after news of closing out sale that includes 15% to 30% discount on all items.

ness model to sell wholesale, do a little bit of renovation to add more items, and a possible grocery... We heard that the buyers want to start as soon as possible... with the pandemic and hard times, my colleagues and I are also looking forward to this new beginning,” he said.

In the mainland, 41% of retail businesses are hit the hardest due to the pandemic as retail sales went down by 16.4% from March to April. The business landscape is changing rapidly worldwide as more businesses close shop. Dolphin Wholesale’s closure due to the pandemic after 30 years of being a part of the community is a telling sign that the CNMI is not immune.

## EU leaders extend summit as they haggle over budget, virus

**BRUSSELS (AP)**—European Union leaders on Saturday extended their summit by an extra day in the hope they were finally closing in on a deal for an unprecedented 1.85 trillion euro (\$2.1 trillion) EU budget and coronavirus recovery fund.

A deal was still far off, but several key nations said negotiations were at least heading in the right direction despite anxieties that were running high after months of battling the pandemic.

Heading into a balmy summer night, those tensions were showing when German Chancellor Angela Merkel and French President Emmanuel Macron got up and walked out

of a meeting with the so-called Frugal Four group of wealthy northern nations that want to limit grants and impose strict conditions on mostly southern nations that have suffered most from the pandemic.

“A few people ran off,” acknowledged Dutch Prime Minister Mark Rutte, who is considered the leader of the Frugals. When asked if it was Merkel and Macron, he said: “Yes, precisely. So we didn’t get a breakthrough tonight.”

The Franco-German alliance is seen as key to any major deal within the 27-nation EU.

When asked what he thought, Rutte said: “They run off in a bad mood. We will

continue tomorrow.”

It was typical of two full days and almost two full nights of discussions by EU leaders, oscillating between raw irritation over how the huge sums should be spent and what strings should be attached and a glimmer of hope that somehow a deal could materialize—if not this weekend, then at least within a few weeks.

“Things are moving in the right direction,” said Austrian Chancellor Sebastian Kurz. “It is of course, as you would expect, a tough struggle, a tough negotiation, but we’re moving in the right direction, and that is the most important thing.”

Rutte showed some hope, too. “The fact that we continue

talking shows we all have optimism. But if we will succeed, we have to wait and see.”

The leaders are dealing with their toughest crisis in years, one that has burdened the bloc with its worst recession ever. The pandemic has sent the EU into a tailspin and around 135,000 of its citizens have died from COVID-19.

The EU executive has proposed a 750 billion-euro fund, partly based on common borrowing, to be sent as loans and grants to the most needy countries. That comes on top of the seven-year 1 trillion-euro EU budget that leaders were fighting over even before the virus slammed their continent.



# Nation

## As virus surges in some US states, emergency rooms swamped

By JAY REEVES  
ASSOCIATED PRESS

A fast-rising tide of new coronavirus cases is flooding emergency rooms in parts of the United States, with some patients moved into hallways and nurses working extra shifts to keep up with the surge.

Patients struggling to breathe are being placed on ventilators in emergency wards since intensive care units are full, officials say, and the near-constant care they require is overtaxing workers who also are treating more typical ER cases like chest pains, infections, and fractures.

In Texas, Dr. Alison Haddock of the Baylor College of Medicine said the current situation is worse than after Hurricane Harvey, which swamped Houston with floodwaters in 2017. The state reported a new daily record for virus deaths Friday and more than 10,000 confirmed cases for the fourth consecutive day.

"I've never seen anything like this COVID surge," said Haddock, who has worked in emergency rooms since 2007. "We're doing our best, but we're not an ICU."

Patients are waiting "hours and hours" to get admitted, she said, and the least sick people are lying in beds in halls to make room for most seriously ill.

Around Seattle, which was the nation's first hot spot for the virus that causes COVID-19, a new wave of patients



In this July 16, 2020 file photo, Urban Augmentation Medical Task Force members Army Maj. Katie Bessler, right, and Infectious Disease Physician Maj. Gadiel Alvarado, enter a wing at United Memorial Medical Center in Houston.

is showing up at emergency departments, said nurse Mike Hastings.

"What's really frustrating from my side of it is when a patient comes into the emergency department, and is not really having symptoms of COVID, but they feel like they need that testing," said Hastings, who works at an area hospital and is president of the Emergency Nurses Association. "Sometimes we're

not able to test them because we don't have enough test supplies, so we're only testing a certain set of patients."

In Florida, another state that is seeing surging case numbers, hospitals say they are in desperate need of remdesivir—a medication that has been shown to shorten average hospitalization times—to treat the coronavirus patients who are filling up beds.

In response, Gov. Ron De-

Santis announced 30,000 vials of the drug were being shipped to the state—enough to treat about 5,000 patients.

On Saturday, Florida reported more than 10,200 new

cases of the virus and 90 additional deaths, while Missouri recorded a pandemic-high 958 new cases in one day. Arizona, which conducts periodic reviews of death certificates,

reclassified 106 deaths as having been from COVID-19, bringing the number of fatalities reported Saturday to 147.

Confirmed coronavirus cases around the world have surpassed 14 million, and deaths rose above 600,000, according to a tally from Johns Hopkins University. On Saturday, the World Health Organization, which also tracks the virus, reported a single-day record of new infections—over 259,000 worldwide—for the second day in a row. The true toll of the pandemic is thought to be even higher, in part because of shortages in testing and shortcomings in data collection.

The United States, Brazil and India top the list of cases, and South Africa—with more than 350,000 cases, roughly half of all confirmed infections in Africa—entered the top five this weekend.

In the United States, where infections are soaring in many Sunbelt states, Megan Jehn, associate professor of epidemiology at Arizona State University in Tempe, said it's important to monitor emergency room visits since increases there can signal that the virus is spreading more rapidly.

## Rights activists, political leaders mourn Rep. John Lewis

Rights activists, politicians from both parties and many other people touched by the legacy of John Lewis mourned the congressman and pillar of the civil rights movement Saturday, lauding the strength, courage and kindness of a man whose lifelong struggle against racial discrimination took him from a bridge in Selma to the nation's Capitol.

"As a young man marching for equality in Selma, Alabama, John answered brutal violence with courageous hope," said former President George W. Bush. "And throughout his career as a civil rights leader and public servant, he worked to make our country a more perfect union."

Former President Barack Obama, America's first Black president, recalled being sworn in for his first term: "I hugged him on the inauguration stand before I was sworn in and told him I was only there because of the sacrifices he made."

Lewis died Friday, several months after the Georgia Democrat announced that he had been diagnosed with advanced pancreatic cancer.

Lewis, 80, often recalled his upbringing in the segregated South, including how he was denied a library card because the library was for "whites only." He was determined to destroy segregation, joining with the Rev. Martin Luther King Jr. as founder of the Student Nonviolent Coordinating Committee to help plan the 1963 March on Washington.

Two years later, Lewis helped lead the "Bloody Sunday" voting rights march intended to go from Selma to Montgomery, Alabama. White police, state troopers and thugs blocked their way on the bridge out of Selma, attacking the peaceful marchers with clubs, bullwhips and tear gas. Lewis suffered a cracked skull.

He went on to make a career in politics, representing

Atlanta in Congress for more than 30 years, and all the while imploring people to press for justice—to make what he came to call "good trouble, necessary trouble."

Atlanta Mayor Keisha Lance Bottoms described that call as "a generational rallying cry for nonviolent activism in the pursuit of social justice and human rights."

"He fought harder and longer than anyone in our nation's continuing battle for civil rights and equal justice," the NAACP said in a written statement.

He also scrapped with President Donald Trump, refusing to attend his inauguration and calling him a racist. Trump ordered flags flown at half-staff to honor Lewis—as required by law for sitting members of Congress. More than 14 hours after his death, following an array of unrelated retweets and a golf outing, he offered condolences.

## Chicago police, protesters clash during bid to topple statue

**CHICAGO (AP)**—Protesters trying to topple a Christopher Columbus statue in downtown Chicago's Grant Park clashed with police who used batons to beat people and made at least a dozen arrests after they say protesters targeted them with fireworks, rocks and other items.

The clash Friday evening unfolded after at least 1,000 people tried to swarm the statue in a failed attempt to topple it following a rally in support of Black and Indigenous people.

Police said 18 officers were injured and at least 12 people were arrested during the clash. Four protesters were also hurt during the confrontation, which led local elected officials and activists to condemn the officers' tactics.

"We unequivocally condemn Mayor Lori Lightfoot's decision to send the Chicago police to beat, arrest, and terrorize the demonstrators and journalists gathered in Grant Park tonight," a group of elected officials said in a statement released late Friday.

The statement was signed by several members of the City Council, including Alderwoman Jeanette Taylor and

Alderwoman Rossana Rodriguez Sanchez, and two members of the Legislature—state Rep. Delia Ramirez and state Sen. Robert Peters.

Lightfoot said Saturday that she "will always fight for the rights of individuals to peacefully protest on any issue" but noted that "a portion of the protesters turned violent" during Friday's protest.

"A number of individuals came with frozen water bottles, rocks, bottles, cans and other gear to throw at officers. People in the crowd also threw fireworks and other incendiary devices at police, causing injury in several cases. These violent acts are unacceptable and put everyone at risk," she said in a statement.

The mayor said reports of excessive force by officers during their response to the protest "are also unacceptable" and urged anyone who believes they were mistreated by police to file a complaint with the city's Civilian Office of Police Accountability, or by dialing 311.

Local news site Block Club Chicago reported that one protester, an 18-year-old woman, had several of her front teeth knocked out when an officer

punched her. It also shared a video of that assault and a photo of the woman's bloodied mouth and missing teeth. It identified her as Miracle Boyd, a member of the anti-gun violence group Good-Kids MadCity.

The police department said in a statement that officers assembled in the park as the protesters converged there and were "providing security and protecting their First Amendment right to peacefully assemble." It said that as demonstrators approached the statue "some members of the crowd turned on the police and used the protest to attack officers with fireworks, rocks, frozen bottles, and other objects."

Amika Tendaji, an organizer for the protest, during which artists tagged the statue with slogans including "Decolonize Chicago" and "Black Lives Matter," decried the officers' use of force to protect a statue.

"I think the people of Chicago and the world have proven that they are over police brutalizing people," she said. "They're over police murder, they're over police terrorism, so the people are going to keep fighting."



# Asia

## China battles new outbreak in far west Xinjiang

**BEIJING (AP)**—The number of confirmed cases in a new coronavirus outbreak in China's far west has risen to 17.

The National Health Commission said Saturday that 16 more cases were identified in the previous 24 hours in the Xinjiang region, on top of a first case.

The outbreak in the city of Urumqi is the latest to pop up since China largely contained the domestic spread of the virus in March. The largest was a recent outbreak in Beijing that infected more than 330 people.

Authorities in Urumqi have reduced subways, buses and taxis and closed off some residential communities, according to Chinese media reports. They also placed restrictions on people leaving the city, including a suspension of subway service to the airport.

China has been accused of human rights abuses in Xinjiang, the homeland of the largely Muslim Uighur ethnic community. The region has long been blanketed with extreme security, which China says is necessary to prevent terrorist activity.

In other developments in the Asia-Pacific region:

■ Bangladesh has surpassed 200,000 cases. Nasima Sultana, additional director general of the Health Directorate, said Saturday that 2,709 people had tested positive over the last 24 hours, raising



Children wearing face masks to protect against the coronavirus sketch the Temple of Heaven in Beijing, Saturday, July 18, 2020. AP

the total number of confirmed cases to 202,066, including 2,581 deaths. Bangladesh lacks adequate laboratories for testing, and experts say the actual figures are much higher. Most people in rural Bangladesh have stopped wearing masks and are thronging to shopping centers ahead of the Islamic festival of Eid al-Adha, scheduled for later this month.

■ Australia's Victoria state saw a marked drop in new COVID-19 infections—from Friday's record high of 428 to 217. The Health Department said Saturday that two more people in the state, a man and a woman both aged in their 80s, had died, raising the state's death toll to 34 and Australia's national total to 118.

■ Australian Prime Minister Scott Morrison requested that the next two-week sitting of Parliament be canceled be-

cause of increasing concerns over the spread of the coronavirus in parts of the country. Parliament was due to sit from Aug. 4 to 13 and would not meet again until the next planned two-week sitting starting on Aug. 24. Morrison said he had written to the parliamentary speaker to ask for a cancellation. The request is considered a formality.

■ South Korea has reported 39 newly confirmed infections of COVID-19, most of them cases imported from abroad. The figures brought the national caseload to 13,711, including 294 deaths. Authorities said at least 28 cases were tied to overseas arrivals. Eighteen others came from the densely populated Seoul metropolitan area, which had been at the center of a virus resurgence that began in late May as restrictions eased.

## China's mighty Yangtze nears crest again, new floods feared

**BEIJING (AP)**—Engorged with more heavy rains, China's mighty Yangtze River is cresting again, bringing fears of further destruction as seasonal floods that already have left more than 140 people dead or missing have grown in force since last month.

The rains are putting renewed pressure on the massive Three Gorges Dam that straddles the river upstream of the city of Wuhan in Hubei province.

The official Xinhua News Agency said the rate of flow in the reservoir behind the dam would hit a record for the year on Friday night, at 55,000 square meters (almost 600,000 square feet) per second.

Rivers in the Yangtze system have broken their banks in places. A helicopter was used to drop stones into a breach to block the inrushing waters in Hubei.

Crews were dispatched with poles to probe waterlogged embankments for weakness and thousands of sandbags were being filled in preparation for

more breaches that would need to be swiftly closed.

Water rose to the level of first-floor windows in exposed ancient towns and crops were completely inundated around vast Poyang Lake, a network of waterways that empty into the Yangtze below Wuhan.

On the lake's eastern edge in Jiangxi province, 45-year-old Xu Yongxiang said his village of Liufang had been without running water or electricity for almost a week. Although it was time for the rice harvest, that crop, along with cotton, corn and beans was now underwater.

"We do not have one inch of dry ground. It has all been flooded," Xu, who sells pork for a living, was quoted as saying on the official newspaper China Youth Daily's microblog.

Flooding since the beginning of the month has forced evacuations of around 1.8 million people in 24 provinces, mainly in southern China. Direct losses attributed to flooding are estimated at more than 49 billion yuan (\$7 billion),

according to the Ministry of Emergency Management.

Floodwaters reached as high as 1.4 meters (almost 5 feet) in Linshui county in the southwestern province of Sichuan, the ministry's rescue department reported.

Torrential rain also caused three landslides Thursday in a town in mountainous Chongqing, upstream on the Yangtze, leaving six dead, the Chongqing Emergency Management Bureau said. The bodies had been found by Friday evening after more than 200 people were dispatched for search and rescue. The rainfall in the town of Dunhao totaled 39 centimeters (15 inches), the bureau said.

Seasonal flooding strikes large parts of China each year, especially in its central and southern regions, but conditions this year have been especially bad. Major cities have thus far been spared but concerns have risen over Wuhan and other downstream metropolises that are home to tens of millions of people.

# World

## Breathtaking virus numbers show normal life still far away

**JOHANNESBURG (AP)**—South Africa on Saturday became one of the top five worst-hit countries in the coronavirus pandemic, as breathtaking new infection numbers around the world were a reminder that a return to normal life is still far from sight.

The World Health Organization again reported a single-day record of new infections with 259,848.

South Africa's 350,879 cases make up roughly half of all confirmed infections on the African continent and its struggles are a sign of trouble to come for nations with fewer health care resources. South Africa now trails the U.S., Brazil, India and Russia—all far more populous countries—in the number of infections, surpassing Peru, after health authorities announced 13,285 new cases.

"The simple fact is that many South Africans are sitting ducks because they cannot comply with World Health Organization protocols on improved hygiene and social distancing," the foundation of former South African archbishop and Nobel Peace Prize winner Desmond Tutu and his wife, Leah, warned in a statement.

South African Health Minister Zweli Mkhize said, "This is an urgent and important plea to all South Africans. The fight against CO-

VID-19 is in our hands. We must act now." He expressed concern that "fatigue seems to have set in" and people are letting down their guard, with little social distancing and face masks abandoned.

Elsewhere, daily death tolls have been reaching new highs in several U.S. states and India's infections are over 1 million. Experts believe the true numbers around the world are higher because of testing shortages and data collection issues in some nations.

The world on Saturday marked Mandela Day, remembering Nelson Mandela, South Africa's first Black president—another Nobel Peace Prize winner—and his legacy of fighting inequality. The country, however, remains the world's most unequal, and health officials have warned that the pandemic will lay that bare.

South Africa's new coronavirus epicenter, Gauteng province, hosts the cities of Johannesburg and Pretoria and one-quarter of the country's population of 57 million, with many poor people living in crowded conditions in the middle of a frosty Southern Hemisphere winter.

Mandela's message is "more relevant than ever," WHO Africa chief Matshidiso Moeti said, calling for equitable access to care.

U.N. Secretary-General

Antonio Guterres, who delivered the Nelson Mandela Annual Lecture, said that "COVID-19 has been likened to an X-ray, revealing fractures in the fragile skeleton of the societies we have built," adding that developed countries have "failed to deliver the support needed to help the developing world through these dangerous times."

Confirmed virus cases worldwide have topped 14.1 million and deaths rose above 600,000, according to Johns Hopkins University data. Infections are soaring in U.S. states like Florida, Texas, Arizona, fueled by the haphazard lifting of coronavirus lockdowns and the resistance of some Americans to wearing masks.

In the U.S., teams of military medics have been deployed in Texas and California to help hospitals deluged by patients. The surge of infections means that millions of American children are unlikely to return to classrooms full time in the fall.

In India, a surge of 34,884 new cases was reported as local governments continue to re-impose focused lockdowns in several parts of the country.

In Iran, the president made the startling announcement that as many as 25 million Iranians could have been infected, the state-run IRNA news agency reported.

## Germany, France, Italy urge end to interference in Libya

**BERLIN (AP)**—The leaders of Germany, France and Italy are calling for nations to "end their increasing interference" in Libya and respect a much-violated arms embargo, saying Saturday that they are ready to consider sanctions if breaches of the embargo continue.

German Chancellor Angela Merkel, French President Emmanuel Macron and Italian Premier Giuseppe Conte issued a joint statement after discussing Libya on the sidelines of a European Union summit in Brussels. It came after U.N. Secretary-General Antonio Guterres said this month that foreign interference in Libya's war has reached "unprecedented levels."

That is despite an agreement in Berlin in January by leaders of world powers and other countries with interests

in Libya's war to respect the arms embargo, hold off on military support to the warring parties and push them to reach a full cease-fire.

Libya has been in turmoil since 2011, when a civil war toppled long-time dictator Moammar Gadhafi, who was later killed. The sprawling North African nation has since split between rival administrations in the east and the west, each backed by armed groups and foreign governments.

Merkel, Macron and Conte called for "an immediate cessation of fighting and for a stop of the ongoing military build-up throughout the country."

"We also urge all foreign actors to end their increasing interference and to fully respect the arms embargo," they said. They added that "we are ready to consider

the possible use of sanctions should breaches to the embargo at sea, on land or in the air continue," and said they look forward to proposals from EU foreign policy chief Josep Borrell on solutions.

They didn't specify who might risk sanctions.

The U.S. military has grown increasingly concerned about Russia's growing influence in Libya, where hundreds of Russian mercenaries have backed a campaign by Libyan commander Khalifa Hifter to capture the capital, Tripoli, in the country's west.

The report on counterterrorism operations in Africa by the Pentagon's internal watchdog, published Thursday, says Turkey has paid and offered citizenship to thousands of mercenaries fighting alongside Tripoli-based militias against Hifter's troops.



# Health & Wellness

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## MAYO CLINIC Q AND A:

# What to drink to stay hydrated

**DEAR MAYO CLINIC: I know I need to stay hydrated while I exercise but what is the best fluid? I'm wondering how much I should drink and if I need to drink special water as someone mentioned alkaline water. Is alkaline water better at rehydrating your body than nonalkaline, or plain, water?**

**ANSWER: Staying hydrated during exercise is important. You can become dehydrated if you take in too little. But you can actually cause problems, such as exercise-induced low sodium or hyponatremia, if you take in too much fluid.**

The purpose of rehydrating—whether with water or electrolyte-containing beverages—is to pull fluid back into our system so our organs can function properly.

How much to drink and when is dependent on each individual. The general rule of thumb at this point

among physicians is to drink to thirst. Although there are guidelines for hydration before, during, and after exercise, look and listen to your body as the best indicator when you need hydration.

Certainly during summer months, when the weather is hotter and you may be exercising outdoors, you may want to take in more fluid than usual.

For most people, plain water is best. Depending upon how extensively you exercise, you can consume about half your fluid intake in water and half in a beverage that contains electrolytes and some carbohydrates. The reason you want a beverage that includes both is that when you sweat, your body is losing fluid, along with those electrolytes, such as sodium and chloride. Carbohydrates provide fuel for your working muscles. Be mindful of the amount of sugar, though.

Many people don't drink enough

water, and they may feel better after increasing hydration, no matter the source. So, it's probably not the alkaline nature of the water that's of benefit. It's the water. Certainly it is your choice if you want to add alkaline water to your fluids but it's important to understand the definition of alkaline water and how your body works.

Scientists use pH to describe how acidic or basic a substance is, with a range from 0 to 14. Pure water has a pH of 7, meaning it's neutral. Fluids with a pH under 7, such as coffee and soda, are acidic. Substances with a pH over 7, such as baking soda, are basic, or alkaline.

Alkaline waters have a pH around 8 or 9. Some vendors use water that has a naturally higher pH, while others say that they create alkaline water through an ionization process. Regardless of what you eat or drink, your body is good at regulating your blood pH through organs such as

your lungs and kidneys.

There are many claims out there about alkaline water, including that it can rehydrate the body better, it will detoxify and “balance” your body, help you lose weight, and prevent or even treat cancer. However, there's little credible research showing the benefits of alkaline water.

Some studies also suggest that alkaline water might help slow bone loss, but further investigation is needed to determine if this influences overall bone mineral density and if the benefit is maintained over the long term.

The best rule of thumb is when you exercise, drink to thirst and hydrate your body with plain water and, as needed, a sports beverage. (*Mayo Clinic News Network*)

*Katherine Zeratsky, R.D.N., Endocrinology/Nutrition, Mayo Clinic, Rochester, Minnesota*

## Diets high in fruits, whole grains and vegetables linked to decreased risk of diabetes, study says

By CRYSTAL VILLARREAL  
TNS

The findings of two new studies link a lower risk of developing type 2 diabetes to a high consumption of fruit, vegetables and hearty whole grains.

The studies, recently published in *The BMJ* according to *Science Daily*, suggest that even a modest increase in consumption of these foods as part of a healthy diet could help prevent type 2 diabetes.

For the first study, researchers looked at the association between blood levels of vitamin C and carotenoids, pigments found in colorful fruits and vegetables, with risk of developing type 2 diabetes. After studying 9,754 adults who developed new-onset type 2 diabetes and a comparison group of 13,662 adults who remained free of diabetes, researchers found that every 66 grams per day increase in total fruit and vegetable intake was associated with a 25% lower risk of developing type 2 diabetes.

In the second study, researchers in the United States examined associations between total and individual whole grain food intake and type 2 diabetes. After examining 158,259 women and 36,525 men who were free from diabetes, heart disease and cancer, they found that participants in the highest category for total whole grain consumption had a 29% lower rate of type 2 diabetes compared with those in the lowest category.

Both research teams cite their findings as further evidence that adding more fruits, vegetables and whole grains to your diet can lead to a lower risk of developing type 2 diabetes.

## Pandemic vs. endemic vs. outbreak: terms to know

Understanding epidemiological terms such as pandemic, endemic, and outbreak can be confusing. Mayo Clinic infectious diseases specialist Dr. Pritish Tosh offers some insight.

What is the difference among a pandemic, endemic and an outbreak?

A pandemic refers to a global epidemic—one that has spread over several countries or continents affecting a large number of people.

Dr. Tosh adds, “In epidemiologic terms, an outbreak refers to a number of cases that exceeds what would be expected. A pandemic is when there is an outbreak that affects most of the world. We use the term endemic when there is an infection within a geographic location that is existing perpetually.”

“When we're talking about endemic infections, we're talking about

viruses, bacteria and pathogens that exist within a geographic location,” says Dr. Tosh.

### Terms to know

- **Outbreak**—Refers to the number of cases (disease) that exceeds what would be expected
- **Endemic**—An infection within a geographic location that is existing perpetually
- **Pandemic**—A global epidemic

### Dengue fever as an example

“An example of this is dengue fever. There are parts of the world where dengue fever is endemic, meaning that there are mosquitoes that are carrying dengue fever and transmitting it from person to person. But we also see imported cases and im-

ported outbreaks in parts of the world where a disease is not endemic,” says Dr. Tosh. “Most recently we saw an outbreak in the Big Island of Hawaii where somebody, unknown, must have come in with dengue fever, got bitten by mosquitoes, and then you had local chains of transmission where those mosquitoes then bit other people, they got dengue fever, and so on and so on. In this case, dengue fever is not endemic in the Big Island, however, there was an outbreak due to an imported disease with subsequent transmission.” (*Mayo Clinic News Network/TNS*)

Understanding epidemiological terms such as pandemic, endemic and outbreak can be confusing, the Mayo Clinic explains.

DREAMSTIME/TNS





# Life & Style

## Depp's bodyguard says Amber Heard abused the Hollywood star

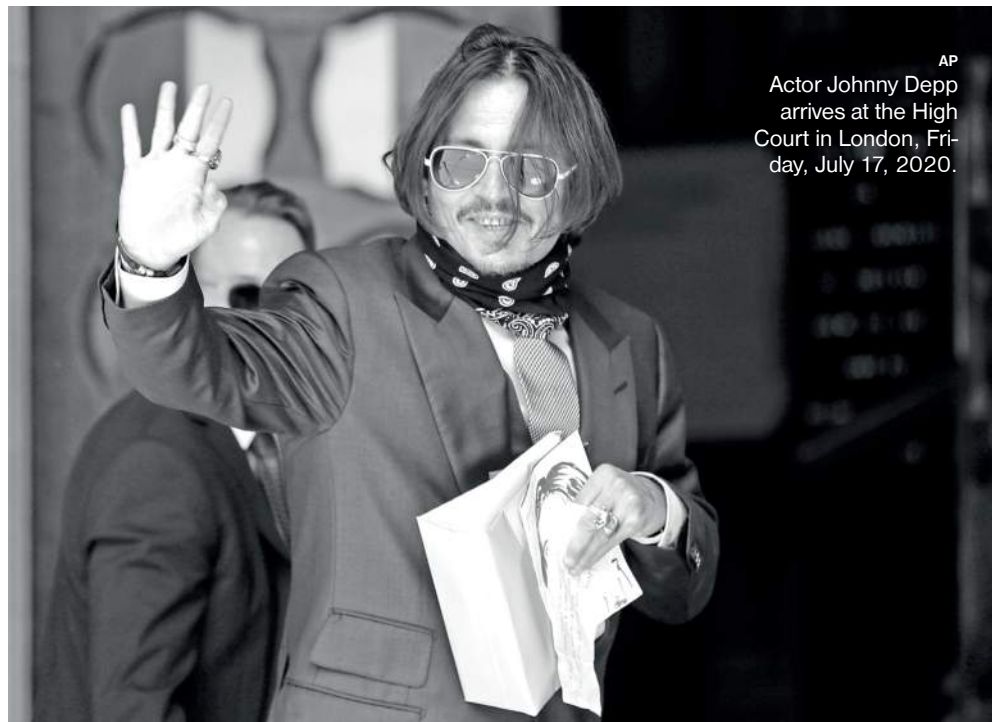
**LONDON** (AP)—Johnny Depp's security chief has alleged that Amber Heard physically abused Depp during the couple's tempestuous marriage, giving testimony to support Depp's libel suit against a British tabloid that accused him of assaulting his former spouse.

Lawyers also released statements from two of Depp's former romantic partners, Winona Ryder and Vanessa Paradis, who said they could not reconcile Heard's accusations of violence with the kind and loving man they knew.

Depp is suing News Group

Newspapers, publisher of The Sun, and the paper's executive editor, Dan Wootton, over an April 2018 article that called him a "wife-beater." He strongly denies abusing Heard.

In a written witness statement released as he appeared in court Thursday, security



AP  
Actor Johnny Depp arrives at the High Court in London, Friday, July 17, 2020.

## Queen makes Capt. Tom a knight at 100, no kneeling required

**LONDON** (AP)—In the end, Sir Tom didn't need to rise.

On a day infused with emotion, Queen Elizabeth II tapped the blade of a sword once owned by her father on the slender shoulders of 100-year-old Tom Moore, making a hero of a nation a knight of the realm Friday.

Moore captivated the British public by walking 100 laps of his garden in England and raising some 33 million pounds (\$40 million) for the National Health Service in April. The queen knighted him with the traditional sword tap, but the World War II was not required to take a knee before the monarch.

Instead, Moore steadied himself against his now-famous walker and wheeled himself across the grass to stand in front of Elizabeth.

"I have been overwhelmed by the many honours I have received over the past weeks, but there is simply nothing that can compare to this," he tweeted after the ceremony. "I am overwhelmed with pride and joy."

The ceremony was staged outside of Windsor Castle west of London, where the 94-

year old queen has been sheltering during the COVID-19 pandemic alongside her husband, the Duke of Edinburgh.

Moore, who rose to the rank of captain while serving in India and Burma during the war, revealed that he and Elizabeth spoke about ages - slightly breaking the protocol of not revealing a private conversation with the queen.

"She did mention I'm 100, and I said to her, 'Well, you've a long way to go yet,' so she's alright," he said.

Moore walked into the na-

tion's hearts by setting a goal of marking his 100th birthday with a garden lap for each year of his life.

His family elevated the challenge by using social media and the motto #Tomorrow-WillBeAGoodDay to seek donations to support health care workers during the pandemic, in part a show of gratitude for the doctors and nurses who took care of Moore when he broke his hip last year.

He dreamed of raising 1,000 pounds. Instead, he raised so much more.



AP  
Captain Sir Thomas Moore receives his knighthood from Britain's Queen Elizabeth II, during a ceremony at Windsor Castle in Windsor, England, Friday, July 17, 2020.

officer Sean Bett said that "throughout the course of Mr. Depp and Ms. Heard's relationship, Ms. Heard was verbally and physically abusive towards Mr. Depp."

"On many occasions, I witnessed her shout at Mr. Depp. I was also told by Mr. Depp on multiple occasions that Ms. Heard had physically abused him," he said.

Bett, a former Los Angeles sheriff's deputy who has worked for Depp for a decade, said he regularly had to remove the "Pirates of the Caribbean" star from bad situations when Heard was in an "abusive mood."

"Ms. Heard often behaved in this way when she had been drinking. I learnt quickly to recognize the signs, so that we were able to leave the situation before

it escalated further," he said.

Depp, 57, and Heard, 34, met on the set of the 2011 comedy "The Rum Diary" and married in Los Angeles in February 2015. Heard filed for divorce the following year, and the divorce was finalized in 2017.

The Sun's defense relies on 14 allegations made by Heard of violence by Depp between 2013 and 2016, in settings including his private island in the Bahamas, a rented house in Australia and a private jet. He denies them all and claims Heard was the aggressor during their volatile relationship, which he has likened to "a crime scene waiting to happen."

In a week and a half of testimony, judge Andrew Nicol has heard from Depp—who accused Heard of compiling a

dossier of fake claims against him—as well as several current or former employees who have backed his version of events.

Heard is due to give her side of the story when she enters the witness box next week.

Bett was cross-examined Thursday by The Sun's lawyer, Sasha Wass, who questioned his claim that he had never seen Heard with bruises of marks on her face or body but had several times seen Depp with bruises inflicted by his wife.

There was a dispute about the date of a photo of the actor's bruised face taken by Bett, and Wass suggested Bett was lying to protect his employer.

"Ma'am you can call me a liar a hundred times. I'm not a liar. I'm telling the truth," Bett said.

## Woman ashamed to admit she was victimized online

**DEAR ABBY:** After using online dating for almost a year, I have met someone, and it's getting serious. Problem is, during some of our first conversations, he talked about his previous online experiences. One involved a woman who asked him for money and how stupid she must've thought he was. Another time, he told me he couldn't understand how a person could send money to someone they met online and had never met in person.

Well, this person (me), who he thinks is so smart and successful, is one of those who was drawn in by an online person. I sent money several times. I am a well-educated and successful professional who is so ashamed of this that I haven't gone to the authorities. I cut ties with the person to whom I loaned the money. He promised to pay me back, but I haven't seen a penny.

I haven't told a soul I did this. Should I disclose this to my boyfriend? I want to be honest with him, but I also wonder if what's in the past should be left in the past. Please advise me.

ASHAMED SOUTHERN LADY

**DEAR LADY:** I see no reason for you to discuss this with the man you are currently seeing, unless it is to enlighten him that even well-educated, successful people can be gullible under the right circumstances. Fortunately for you, you weren't seriously damaged by the person's failure to repay you. (Other intelligent, but trusting, people have suf-

fered irreparable damage.)

**Because you feel you were taken advantage of, it couldn't hurt to notify the authorities. Yes it's embarrassing, but human beings make mistakes. If you were preyed upon and the person was a scammer, you might be doing someone else a favor by reporting it.**

**DEAR ABBY:** My granddaughter-to-be is an absolute doll. She's perfect for my grandson, and I think they were meant for each other. My concern is her family. They treat her like Cinderella.

She cleans, cooks, does laundry and takes care of her disabled sister. She is 21, but because she's living with her parents until she and my grandson are married, she has to ask permission to go anywhere or do anything. She also believes everything they tell her, which is mostly B.S.

My fear is that her family will interfere with their marriage and expect her to still take care of her lazy relatives. She has told them things will change once she's married, but because she is easily manipulated, they will expect her to continue taking care of their household. How can I convince her to set boundaries without sounding like I'm trying to manipulate her myself?

ONLY WANTS THE BEST FOR THEM

**DEAR ONLY WANTS:** Creating boundaries is going to

## DEAR ABBY

By ABIGAIL VAN BUREN  
UNIVERSAL PRESS SYNDICATE



Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at [www.DearAbby.com](http://www.DearAbby.com) or P.O. Box 69440, Los Angeles, CA 90069.

**be a new experience for this young woman. While it may eventually be liberating, it probably won't be comfortable in the beginning. Thankfully, she will have your grandson at her side to reinforce her.**

**Befriend her and listen when she needs to talk. With parents as controlling as you describe, she's going to need all the support and validation she can get. When she needs to strengthen her backbone, remind (don't lecture) her that as a married woman, her first priority must be her husband and—if they are blessed with any—her children, and repeat that important message often.**

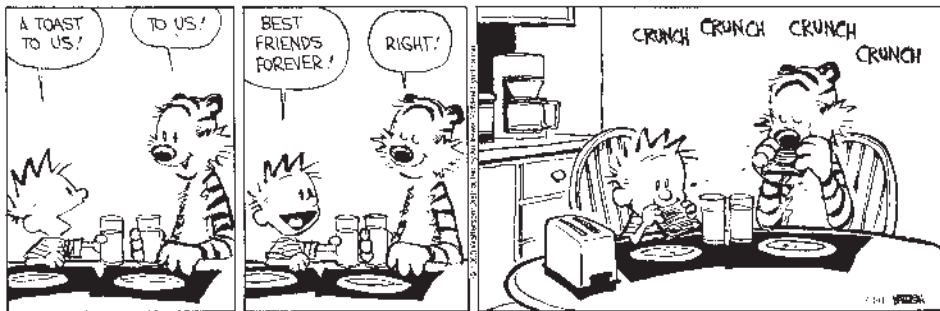
Good advice for everyone – teens to seniors – is in "The Anger in All of Us and How to Deal With It." To order, send your name and mailing address, plus check or money order for \$8 (U.S. funds) to: Dear Abby, Anger Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)



# Pastimes

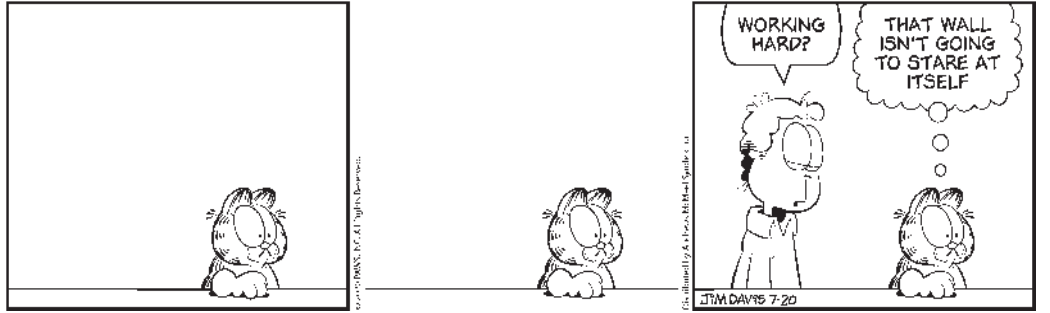
## Calvin and Hobbes

By Bill Waterson



## Garfield®

By Jim Davis



## Adam@home

By Bryan Basset



## The Duplex

By Glenn McCoy



## CROSSWORD

By Eugene Sheffer

**ACROSS**

- 1 Asset
- 5 Econ. measure
- 8 Jupiter's wife
- 12 Fade in the wash, e.g.
- 14 Barak of Israel
- 15 Theme park attraction
- 16 Lincoln in-law
- 17 Select, with "for"
- 18 Obis
- 20 Hungarian-born financier
- 23 Cubicle fixture
- 24 Mideast airline
- 25 Merrimack
- 28 Label
- 29 Poet's muse
- 30 New England cape
- 32 Charity races, perhaps

**DOWN**

- 1 Adobe file format
- 2 Actress Lucy
- 3 Admiral's org.
- 4 Instruct
- 5 Over-supply
- 6 Refusals
- 7 Santa's bagful
- 8 Lakeside rental
- 9 "Oops!"
- 10 Undressed
- 11 Probability
- 13 "I'm a klutz!"
- 19 Regarding
- 20 Congeal
- 21 Norwegian saint
- 22 Pasta sauce brand
- 23 Gregg
- 25 Allman's brother
- 26 Productive
- 27 New Age singer
- 29 Deco artist
- 31 Composer
- 33 Kvetched
- 34 Make into bundles, as grain
- 36 — Romeo
- 37 Stadium event
- 38 Shortly
- 39 Surrealist
- 40 "Meet Me — Louis"
- 43 Half of bi-
- 44 New England cape
- 45 Three, in Rome
- 46 Wd. from Roget

**Solution time: 26 mins.**

1	2	3	4	5	6	7	8	9	10	11
12			13					14		
15								16		
			17			18	19			
20	21	22			23					
24				25				26	27	
28			29					30		31
	32		33				34			
			35				36			
37	38	39				40				
41				42	43			44	45	46
47					48					
49				50			51			

Last Friday's Answer 07/20

## STUMPED?

For answers to today's crossword, call 1-800-226-5955! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

**CELEBRITIES BORN ON THIS DAY:** Julianne Hough, 32; Judy Greer, 45; Josh Holloway, 51; Carlos Santana, 73.

**Happy Birthday:** You'll have plenty to keep you busy this year. Make the most of your time by organizing and preparing. Sketch out what you want to happen, and fine-tune your plans to unfold the way you want. Take control instead of being controlled. Choose moderation over excess, intelligence over brawn, and peace over chaos, and your dreams will come true. Your numbers are 8, 15, 23, 28, 32, 38, 40.

**ARIES (March 21-April 19):** Pour your energy into something that will make you feel good about the way you look, what you have to offer and the decisions you've made along the way. Personal improvement will lead to personal gain. Romance is featured. ★★

**TAURUS (April 20-May 20):** It's up to you to bring about the changes you want to unfold. Don't wait for someone to take over. Strength and courage will lead to new beginnings and opportunities that will change your life. ★★★★★

**GEMINI (May 21-June 20):** Gather information; accuracy will determine the outcome of whatever you decide to get involved in today. Keep your life simple, plans doable and anger contained. Charm will get you ahead; disruptive behavior will hold you back. ★★★

**CANCER (June 21-July 22):** Take the high road. Refuse to let anyone bully you into something you don't want to do. Dance to the beat of your own drummer, and you will make a statement that holds firm and helps

you maximize your talents. ★★★

**LEO (July 23-Aug. 22):** Stand tall, and be ready and willing to help the underdog. How you use your influence to improve your family, community and environment will encourage others to pitch in and help. Choose a civil course of action over chaos. ★★★

**VIRGO (Aug. 23-Sept. 22):** Incorporate positive change that will set a high standard. Be part of the solution. Take the road that offers peace, understanding and love. Voice your opinion, and make a difference. Protect your reputation, position and physical well-being. ★★★★★

**LIBRA (Sept. 23-Oct. 22):** Do something that mellow you out. Don't subject yourself to people who put demands on you. Take time to relax, rejuvenate and to rethink your lot in life. Turn an unexpected set of circumstances into a positive outcome. ★★

**SCORPIO (Oct. 23-Nov. 21):** Create opportunity. Take the initiative, use your imagination and promote what you are doing. Change begins with you, and your happiness is your responsibility. Stop dreaming, and turn your ideas into something tangible. It's up to you to make wise decisions. ★★★★★

**SAGITTARIUS (Nov. 22-Dec. 21):** Make viable changes at home or to the way you run your household, and you will save money. Do the work yourself, and you'll feel good about your accomplishments. Enjoy what you have worked so hard to achieve with someone you love. ★★★

## SUDOKU

Conceptis Sudoku

By Dave Green

	4		5	1			3	
1		8						9
			7		4		8	
		2				8		4
4			2	6	5			1
3		5				7		
	2		6		7			
9						5		8
	3			4	9		6	

Difficulty Level ★ 7/20

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Last Friday's Answer

1	6	7	9	2	5	8	3	4
9	4	2	3	1	8	5	6	7
5	8	3	4	6	7	1	9	2
8	5	9	7	3	6	4	2	1
6	7	1	2	9	4	3	8	5
2	3	4	5	8	1	6	7	9
7	1	6	8	5	2	9	4	3
3	2	5	6	4	9	7	1	8
4	9	8	1	7	3	2	5	6

Difficulty Level ★★★★★

## EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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**CAPRICORN (Dec. 22-Jan. 19):** Make the necessary changes before someone pressures you to do so. You'll gain respect if you don't drag your feet on outdated and overworked issues. Set the standard for new beginnings instead of living in the past. ★★



**AQUARIUS (Jan. 20-Feb. 18):** Emotions will push you to take action. Consider your choices, and remain within the boundaries set by officials. You can achieve what you set out to do and abide by the rules. Set an example, and offer intelligent solutions and real help. ★★★



**PISCES (Feb. 19-March 20):** Approach doers to help you implement a worthwhile change. Resorting to methods infused with an updated twist will work exceptionally well. Anger solves little, decisive action promotes a better future and honesty is the backbone of unity. ★★★★★

**Birthday Baby:** You are opportunistic, creative and insightful. You are expressive and determined.

Visit [Eugenialast.com](http://Eugenialast.com), or join Eugenia on Twitter/Facebook/LinkedIn.

## WONDERWORD®

By DAVID OUELLET

**HOW TO PLAY:** All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the WONDERWORD.

JUST CHILLING OUT

Solution: 6 letters

S N A P S S R E K C E H C B D  
S S E N T I F R E K C O R R R  
E L E R F L L I H C F O O E I  
N E Y R A R B I L F A W S A V  
L E C U R C N C E D R E S T E  
O P G A C T O E T E W M W H Y  
O H G H E O P A R D I I A O E B  
C O E R K E P I N N L Q R E B  
Y S N I R P O G E K U L T D T O  
S E N C A W E B S I T E K I H  
T G A I P I I R E P M A P R C  
E L P M V N A T U R E P E W T  
M A C O M F Y P U Z Z L E N E  
I K M C O G M A S S A G E T K  
T E M U B L A Z Y X C A R D S

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Album, Breathe, Calm, Cards, Care, Checkers, Chess, Chill, Coffee, Comfy, Comic, Cooking, Coolness, Crafts, Crossword, Drive, Fitness, Hike, Hobby, Internet, Lake, Laugh, Lazy, Library, Massage, Movie, Naps, Nature, Pamper, Park, Peace, Pets, Pool, Puzzle, Quiet, Relax, Road Trip, Rocker, Sewing, Sketch, Sleep, Smile, Time, Walk, Website, Wonderword, Write, Yoga

Last Friday's Answer: Currency

To purchase WONDERWORD books, visit [www.WonderWordBooks.com](http://www.WonderWordBooks.com), or call 1-800-642-6480.



# Bubble games won't count for MVP race

**FLORIDA (AP)**—The NBA's MVP race is over. So is the battle for every other individual regular-season trophy.

The league told teams Friday that none of the seeding games will be taken into consideration for any postseason

award, and that voting for those honors—such as All-NBA, rookie of the year and defensive player of the year—will be completed before the July 30 restart of the season at Walt Disney World.

Typically, those votes are

## Shorter matches for Disney exhibition openers

**LAKE BUENA VISTA, Fla. (AP)**—The first exhibition games of the NBA restart will go a little more quickly than usual.

The NBA is tweaking the rules for those initial matchups, going with 10-minute quarters instead of the usual 12 minutes. The change is for several reasons—among them, not wanting to overly tax players after they went more than four months without games, and because some teams do not have their full rosters at Walt Disney World yet because of coronavirus and other issues.

The change will apply only to the first exhibition for teams; their second and third exhibition games at Disney will use standard timing. All teams are slated to play three exhibitions.

"This is a different situation," Dallas coach Rick Carlisle said Saturday. "In all areas, really. ... I do think that there's some latitude to do some different things."

Exhibitions start with a four-game slate Wednesday and continue through July 28. Plans call for all 33 exhibitions to be televised by some combination of local TV, national TV, NBA TV or NBA League Pass.

"I believe that it's done just trying to get safety first for the players," Orlando coach Steve Clifford said of the shorter first exhibition. "I think most teams are like us, where everybody is just feeling their way and guys aren't in the type of condition they would normally be in in a training camp situation."

The league is still working on some of the specifics for the first games, even whether to give teams the option of wearing uniforms or practice gear. Most teams, as of Saturday, were still planning to wear their usual regular-season uniforms for all three of their exhibitions -- the new jerseys featuring social justice messaging will not debut until the seeding games that count begin July 30.

Other changes for the exhibition games may include using more than three referees in a rotating system, though that also remains under discussion.

Players apparently had not been told the first exhibitions

will go faster.

"I don't know about that yet," said Oklahoma City guard Chris Paul, the president of the National Basketball Players Association. "So, I'll find out."

The exhibitions will be played like normal games -- score and stats will be kept, and it will be a chance for the league's stat crews that were hired to work for three months at Disney to work out any kinks in the system.

Miami coach Erik Spoelstra said he's taking a different view than he does for typical preseason matchups. For the first time, he's talking with the coaches of the teams the Heat will face—Sacramento's Luke Walton and Utah's Quin Snyder—to see if there are any specific situations those clubs want to work on in those games.

Spoelstra simply bumped into Snyder in the lobby of a Disney hotel and from there, the idea of one team helping out another in the exhibitions was born. The Heat and Jazz will not play in a seeding game and couldn't meet in a game that counts at Disney until the NBA Finals.

### Zion left

Zion Williamson left the New Orleans Pelicans on Thursday to attend to what the club described as an "urgent family medical matter."

Williamson, the NBA's top overall draft choice last summer, intends to rejoin the team in the Orlando, Florida, area for the resumption of the season, the Pelicans said, but the club did not specify when he would be able to return or whether he'll miss any of the club's eight remaining regular-season games.

"We don't know anything right now from the standpoint of him coming back," coach Alvin Gentry said after practice Thursday night. "Obviously, right now, we're not concerned about the basketball part for him. We're just concerned about his family."

Williamson will have to quarantine again when he returns to central Florida, a period that will last at least four days and could be significantly longer if he is not tested daily during his absence from the team.



In this Feb. 2, 2020 file photo, Milwaukee Bucks forward Giannis Antetokounmpo (34) goes to the basket against Washington Wizards forward Otto Porter Jr. (22) during the second half of an NBA game in Washington.

tive title in that category—and becomes the eighth player in NBA history to win the scoring crown in at least three straight seasons.

The others who won the scoring title in at least three consecutive seasons: Michael Jordan (who did it in two separate streaks), Wilt Chamberlain, Kevin Durant, George Gervin, Bob McAdoo, Neil Johnston and George Mikan.

Cleveland's Andre Drummond has a sizable lead in the race for the rebound title. LeBron James of the Los Angeles Lakers would remain ahead of second-place Trae Young of the Atlanta Hawks in the assist-per-game race even if James plays in all eight seeding games and doesn't register a single assist.

If the 35-year-old James wins the assist title, and it would take a mathematical oddity to keep that from happening, he will be the second-oldest player to claim that award. Steve Nash was 37 when he won his last assists crown.

And James is also in line to be, by far, the oldest player in NBA history to finish a season averaging at least 25 points and 10 assists. That's happened only nine other times in the NBA, the last to do so being Russell Westbrook when he was 29 in 2017-18.

The steals race is still uncertain; Philadelphia's Ben Simmons leads at 2.13 per game, while Chicago's Kris Dunn—currently in second place—finished his season at 1.98 per game.

Meanwhile, Milwaukee Bucks coach Mike Budenholzer confirmed Eric Bledsoe tested positive for COVID-19, but remains cautiously optimistic the veteran point guard will be ready for the start of the season's resumption.

"With the virus you're never sure," Budenholzer said Friday. "There are certainly things that you have to kind of clear and cover, but the opener, if it's two weeks away, then I think most medical, most things and research would say he is going to be available."

Budenholzer's comment came a day after multiple reports indicated Bledsoe said he had tested positive but was asymptomatic.

The 30-year-old Bledsoe is averaging 15.4 points, 5.4 assists and 4.6 rebounds.

Budenholzer declined to say whether any other players hadn't yet joined the team in Florida.

cast closer to the end of the regular season. So the postseason races are still going in many cases, but the individual award chases are now complete.

"The decision to exclude seeding games from awards voting ensures a fair process in which players and coaches from all 30 teams will have the same opportunity to be honored as top performers for the regular season," the NBA wrote in a memo sent to teams Friday. The Associated Press obtained a copy of the memo.

Only 22 of the league's 30 teams are participating in the NBA restart.

The league's decision—it was not unexpected—means that Milwaukee forward Giannis Antetokounmpo's campaign for back-to-back MVP awards technically ended

more than four months ago when the season was suspended because of the coronavirus pandemic.

Antetokounmpo won his first MVP award after averaging 27.7 points and 12.5 rebounds per game last season. This season, he's expected to be an MVP frontrunner again with averages of 29.6 points and 13.7 rebounds for the Bucks—who have the league's best record.

The NBA's decision also means that New Orleans' Zion Williamson, who has appeared in only 19 games this season, won't get to make a late push to try and catch presumed top-rookie frontrunner Ja Morant of the Memphis Grizzlies.

It's unclear if Williamson will even be with the Pelicans for re-opening night on July 30

when they face the Utah Jazz in the first game at the Disney campus. He left the NBA's so-called bubble Thursday to deal with what the team called "an urgent family medical matter," and the Pelicans said he intends to return at an unspecified date.

Statistical championships, such as the scoring, rebounding, assist and steal titles, are technically up for grabs through the end of the seeding games in mid-August. The league announced that portion of the plan when the schedules for the eight seeding games were released last month.

Most of those stat-trophy races are all-but mathematically decided. Houston's James Harden has a commanding lead in the scoring race as he closes in on his third consecu-



# Puig tests positive, will not join Braves



**FLORIDA—** Days after reaching an agreement to join the Atlanta Braves, outfielder Yasiel Puig announced that he has tested positive for COVID-19.

A source said that the free agent had agreed to terms with the Braves and was asked to travel to take a physical and COVID-19 test. Puig, at that point, told the team he had been exposed to someone who tested positive and decided to be tested in Miami before flying to Atlanta.

Puig made the announcement in a tweet he posted on Friday afternoon, saying that he's asymptomatic but quarantining until he gets two consecutive negative tests. The deal with the Braves is on hold, at the very least, and he remains the most prominent player on the free agent market less than a week before baseball's abbreviated 60-game season is set to begin.

Without Puig, the Braves are still in need of offensive assistance. They got a boost on Friday when first baseman Freddie Freeman was cleared to rejoin the team, having recovered from his own bout of COVID-19 earlier this month. Outfielder Nick Markakis' decision to opt out of the 2020 season was part of what made Puig a logical fit.

Puig, 29, spent 2019 split between the Cincinnati Reds and Cleveland Indians. He hit .267/.327/.458 with 24 home runs over 149 games. He'll provide a solid bat to a team once he's cleared of COVID-19, but for now, it won't be the Braves.

Meanwhile, five more baseball players tested positive for COVID-19 in the past week, raising the total to 80 since testing started in late June.

MLB and the players' association said six of 10,548 samples were new positives in the week ending Thursday, a rate of 0.05%. In addition to players, one staff member tested positive.

The sides do not announce names of those who test positive, but some players have allowed teams to identify themselves. Tampa Bay All-Star outfielder Austin Meadows was placed on the injured list Thursday night after testing positive for the coronavirus.

For the past two weeks of monitoring testing, 23 of 17,949 samples have been new positives, a rate of 0.1%. The new positives included 18 players and five staff members, all among 13 teams.

Including the initial intake screening that started in late June, 93 of 21,701 samples have resulted in new positives,



**AP**  
In this Aug. 27, 2019 file photo, Cleveland Indians' Yasiel Puig hits a double in the fifth inning of a baseball game against the Detroit Tigers in Detroit.

a rate of 0.4%. The positives included 80 players and 13 staff members, including four players who were additions to 60-man club player pools.

Twenty-eight teams have had a positive test result, including players and staff.

## No home games for Blue Jays

The Blue Jays won't play their home games in Toronto this

year because Canada's government doesn't think it's safe for players to travel back and forth from the United States, one of the countries hit hardest by the coronavirus pandemic.

Immigration Minister Marco Mendicino said Saturday the federal government had denied the Blue Jays' request to play at Rogers Centre, confirming what an official familiar with the matter had told

The Associated Press ahead of the announcement.

The Blue Jays were informed via a phone call. The team's alternate sites for home games include its training facility in Dunedin, Florida, which is among the states that are virus hotspots, as well as Sahlen Field in Buffalo, New York, which is home to Toronto's Triple-A affiliate and just across the Niagara River from Canada.

The Blue Jays are scheduled to start the season July 24 at Tampa Bay. Their home opener was set for five days later against Washington.

Mendicino told the AP frequent travel to the U.S., where COVID-19 cases are surging, was the biggest issue.

"There were serious risks if we proceeded with the regular-season proposal of the MLB and the Jays and there-

fore we concluded it was not in the national interest," Mendicino said.

The team had been given clearance by city and provincial governments to play in its home stadium and was awaiting approval from Canada's federal government. The other 29 Major League Baseball teams plan to play in their home ballparks, without spectators, when the pandemic-shortened 60-game season begins on July 23.

Buffalo Mayor Byron Brown and Erie County Executive Mark Poloncarz have pushed for the team to relocate to the city.

"Let's find a way to make them the 'Buffalo Blue Jays' this year," Poloncarz wrote in a text to the AP.

Blue Jays president Mark Shapiro said player health is a concern in Florida.

## A-Rod bidding for Mets

Alex Rodriguez, among four groups of bidders for a possible purchase of the New York Mets, called for baseball players to accept the type of revenue-sharing system that is tied to a salary cap and sparked quick opposition from the union.

Following the collapse of labor talks dealing with the fallout of the coronavirus pandemic, relations between Major League Baseball and the players' association are at the lowest point in a quarter-century. The sides appear headed to a spring training lockout in 2022.

Preparing for the start of his third season as an analyst on ESPN's Sunday night telecasts, Rodriguez said baseball players' leverage had changed since they fought off the owners' salary-cap proposal with a 7 1/2-month strike in 1994-95. He said the rise of the NFL and NBA had changed the equation along with digital media, and said the players' association should work collaboratively with MLB to raise the sport's market share.

"The only way it's going to happen is if they get to the table and say the No. 1 goal, let's get from \$10 to \$15 billion and then we'll split the economics evenly," he said Thursday during a conference call. "But that's the type of conversation instead of fighting and fighting against each other because there's too much competition out there right now." (AP/NBC)

# Rahman leads; Tiger bounces back



**DUBLIN, Ohio** (AP)—Jon Rahm showed Saturday in the Memorial why he's one of the most explosive players in golf.

With his clubs.

A back nine that capped off what he considers one of the best rounds of his careers gave Rahm a 4-under 68, turned a four-shot deficit into a four-shot lead and put the 25-year-old Spaniard on the verge of reaching No. 1 in the world.

"Today could be one of the best rounds of golf I've played in my life," Rahm said, a tribute to a Muirfield Village getting so close to the edge it drew comparisons with a major. "And it's hard to believe how passively it came, compared to how I played usually."

His passion is so great it can hurt as much as it helps. On this day, facing this test,

Rahm kept his cool. He watched Tony Finau reach the par-5 11 in two for a sure birdie that would leave the Spaniard four shots behind.

There was no panic. Rahm said he told his caddy on the 13th tee, "If we can finish the last six holes under par, it's a great finish. And whatever we have to do to make a comeback, we'll make a comeback."

Birdie. Birdie. Birdie. Birdie.

With help from Finau and his two double bogeys, and Ryan Palmer with bogeys on two of his last three holes, that turned into a four-shot lead for Rahm.

A victory allows him to join Seve Ballesteros as the only Spaniards to reach No. 1, provided that Rory McIlroy doesn't finish as a runner-up. McIlroy shot 72—not a bad effort on a day where the average score was 73.7 and

was 10 shots back.

"I've got to get out there tomorrow, play solid again and get the job done and think about the No. 1 afterwards," he said.

Rahm was at 12-under 204 as he goes for his fourth PGA Tour victory, and 10th worldwide. Finau and Palmer, each with a 73, were three behind. Former Masters champion Danny Willett (70), next in line at six shots back.

Finau was bogey-free on the front nine, poured in a 50-foot birdie putt and then easily reached the green on the par-5 11th for a two-putt birdie to reach 12 under.

Meanwhile, Tiger Woods looked and felt better in the third round of the Memorial Tournament as he eases back into competitive golf for the first time since February.

Woods shot a 1-under 71 in the tournament's third round after waiting all day Friday to

make the cut. He had a 4-over 76 in the second round after dealing with a stiff back during warm-ups. He made it when the cut dropped to 3 over.

"Well, I think that getting back into the flow and competing again and playing at this level, I hadn't done that in a while. Playing at home and playing out here is so very different," Woods said. "And making sure that I stay sharp and don't make any silly mistakes and dump the ball in the wrong spots or give myself bad angles, that's one of the things about playing competitive golf that's very different from playing at home."

"I was fortunate the cut came back."

It would have been the first time in 18 appearances at the Memorial that Woods, who shot a 71 in the first round, missed the cut. He's a five-time winner at the tournament.



# NFL's proposal cuts player's pay if season is canceled

**NEW YORK**—The Collective Bargaining Agreement does not include a force majeure clause. The league is essentially trying to force the players to accept one after the fact.

The most recent proposal from the NFL to the NFL Players Association sets forth a lengthy and detailed schedule of payments to be made in the event the season is suspended or canceled.

For starters, players would keep all signing, roster, reporting, or workout bonuses earned before cancellation of the season, along with base salary and per-game roster bonuses or per-game payments earned for any regular-season games actually played.

If the season is canceled before training camp opens, the players would get no further payment. If the season is can-

celed after training camp starts and before final roster cuts, all players on the 90-man roster who received a credited/accrued season in 2019 or who were drafted in 2020 would receive a \$250,000 stipend, reduced by all other payments already made to the player this year. (For example, if a player received a \$100,000 signing bonus, he'd receive \$150,000 upon cancellation of the season. Any player who has received \$250,000 or more this year would get nothing.)

If the season is canceled after the final roster cuts and before Week 1, players on the 53-man roster and injured reserve or reserve/PUP would be eligible for the \$250,000 stipend. Players on the practice squad would be eligible for a \$100,000 stipend.

If the season is canceled dur-



ing the regular season, players on the 53-man roster and injured reserve or reserve/PUP would be eligible for the \$250,000 stipend, but money earned from regular-season games already played would also count against the stipend. Players on the practice squad would be eligible for a \$100,000 stipend, minus other

money earned.

For players who join the active roster after Week One, they would receive the lesser of \$250,000 or their remaining prorated base salary. Players who join the practice squad after Week One would receive the lesser of \$10,000 or their remaining prorated practice squad pay.

**AP**  
The National Football Association is proposing a dramatic cut in player's pay in the event the season is suspended or canceled.

Incentives would be prorated and partially earned, as long as at least eight regular-season games are played by the player's team. If, for example, a player has an incentive that pays him \$1.6 million for 16 sacks, the incentive would drop to \$1.2 million and the threshold would drop to 12 sacks if only 12 games are played.

Apart from the stipends, players will not be paid for games not actually played — even if player salaries are guaranteed for injury, skill, and/or salary cap.

Again, this is the league's proposal. The players can ad-

here to the current status quo, which gives players their full salaries if only one game is played. The approach proposed by the league would reduce player pay dramatically, but it also would reduce the eventual financial consequences of the pandemic.

Meanwhile, receiver A.J. Green signed his one-year, \$17.9 million contract Friday after the deadline passed for agreeing to a long-term deal with the Cincinnati Bengals.

The club used its franchise tag on Green, who missed all last season with an ankle injury. Green wanted a multiyear deal but said he wouldn't hold out if the club used the tag to keep him around for another year.

Green said Friday he had come to terms with the tag, which was not his preference, and had no hard feelings.

## GRITTY

From Page 20

the finale, as Tere-Apisah, the No. 1 player in the Pacific and a regular competitor in the pro Women's Tennis Association, and Stubbings eked out a 7-6 win in the first set.

With the gold medal on the line, Lee and Sinclair regrouped in the second set and prevailed, 6-3, to force a deciding super-tiebreaker third set.

"As the match went on, I told myself that whoever plays more aggressively and wins points from a volley would win. And I think Colin and I did that more of that in the second set and in the super tiebreaker," the former No. 1 junior player in the Pacific said.

Despite going on the offensive, the Commonwealth duo still fell behind in the make-or-break set. Tere-Apisah and Stubbings opened the last set with a 3-0 lead and then kept the upper hand at 4-2 before nearly taking the gold medal after posting a 7-5 advantage. However, Lee and Sinclair refused to give up and worked their way back into contention.

"Even though we were behind in the third, we didn't give up and still pushed our limits. We played each point like our lives depend on it," said Lee.

The CNMI duo went on to take the last four games to complete the come-from-behind win and hand the Commonwealth its third gold medal in the Pacific Games. Sinclair gave the Commonwealth its second gold medal earlier on the same day when he defeated Stubbings in the singles finals, 6-0, 6-1, while he, Robbie Schorr and Ken Song notched the men's team event gold medal in Week 1 of the competition. Schorr and



**CONTRIBUTED PHOTO**  
Carol Lee waits for the ball at the baseline during one of her singles matches in the XVI Pacific Games.



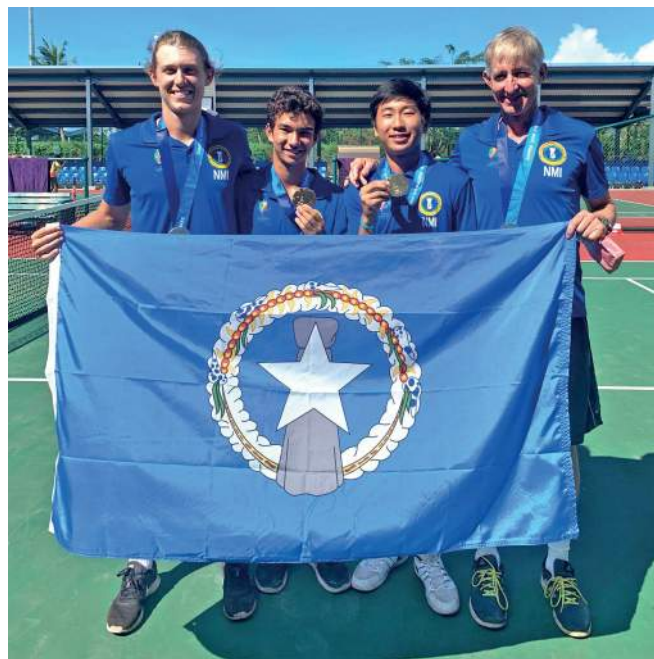
**CONTRIBUTED PHOTO**  
CNMI tennis players, other athletes, and their supporters pose for a photo while watching Robbie Schorr's game.

Sinclair also notched a silver medal in the men's doubles, bringing the CNMI Tennis Team's total to four.

Though it was her and Sinclair who won the gold medal in the mixed doubles, Lee said the entire tennis squad and the people back home and in Samoa who supported Team NMI should also get the credit for the victory.

"The CNMI tennis team (men's and women's) and other supporters made this finals victory happen. Colin and I won because part of it was from the CNMI's team spirit, so I would like to thank all of them for being amazing," Lee said.

The National Collegiate Athletic Association-bound Lee also acknowledged her fa-



**CONTRIBUTED PHOTO**  
In this file photo, from left, Colin Sinclair, Robbie Schorr, Ken Song, and coach Jeff Race proudly pose with the CNMI flag after receiving their gold medals in the men's team event in last year's XVI Pacific Games in Apia, Samoa.



**CONTRIBUTED PHOTO**  
The mixed doubles finalists, from left, Colin Sinclair, Carol Lee, Abigail Tere-Apisah, and Matthew Stubbings, are joined by a game official for a group photo before the gold medal match.

ther, Dong Min, who was not able to join her in Samoa, but was a constant inspiration and confidence-booster for her.

"I remembered my father telling me that I have to win points on my service games so every time it was my turn to serve (during the finals), I thought of him and what he said was effective," said Lee, who will be suiting up for Di-

vision I school Georgia Tech after a successful junior career.

Joining Lee, Sinclair, Song, and Schorr on the CNMI Tennis Team were Tania Tan, Isabel Heras, Malika Miyawaki, head coach Jeff Race, and assistant coach Lydia Tan. The squad gave the CNMI its most gold medals in the history of the Commonwealth's participation in the Pacific Games.

## GAINING

From Page 20

Frankly, it's frustrating when healthcare professionals and the likes heavily prioritize non-lifting fluffy protocols almost to the point where basic strength training is not even in the picture. Newsflash: Training properly is actually both rehabilitative and corrective.

I'm not trying to relegate or "pooh-pooh" the value of having a licensed massage therapist, chiropractor, or voodoo magician in your back pocket, but they need to be synchronized with legitimate strength training. Otherwise, you're going to keep getting hurt.

## FISHING

From Page 20

In the marlin category, Melvin Aldan's *Heller* won first place (438 lbs), while Mike James' *Emmanuel* and Wayne Martin's *Nombei* finished second and third after reeling in 238-lb and 204-lb marlin, respectively.

In the yellow fin category, the Top 3 winners were *CM 4735* (47.8 lbs), *Victoria Lei* (46.2 lbs), and *Magnificent* (46 lbs). *St. Christopher* (30.7 lbs) ruled the wahoo category and was joined in the podium by *CHada Gueru* (29.8 lbs) and *Santa Soledad* (29.8).

Bella's 24.8-lb catch topped the mahi category, while *Bottoms Up* (10.1 lbs) and *Lady in Red* (8.3 lbs) came in second and third, respectively. In the skipjack division, *Ocean Masta* earned first place with its 14.9 lbs, closely beating *Bunita* (14.6 lbs) and *Olympic* (14 lbs).

For more information about this weekend's fishing tournament, contact MVA at 664-3200. (*Saipan Tribune*)





Bubble  
games won't  
count for  
MVP race

PAGE 17

# Saipan Tribune Sports

Puig tests  
positive,  
will not join  
Braves

PAGE 18



SAIPAN TRIBUNE

20 MONDAY, JULY 20, 2020

By ROSELYN B. MONROYO  
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REPORTER

## FLASHBACK: PACIFIC GAMES TENNIS FINALS

On this day, one year ago, CNMI tennis players Carol Lee and Colin Sinclair delivered under pressure to win the gold medal in the mixed doubles event in the XVI Pacific Games in Apia, Samoa.

Memories of one of the toughest matches in her tennis career were still vivid on Lee's mind that she recalled how nervous she was before and during their finals match against Papua New Guinea's Abigail Tere-Apisah and Matthew Stubbings.

"It was a very tight finals match. I knew that it would be tough because our opponents were tough and one of them was my Fed Cup teammate—Tere-Apisah. The day was almost over, Colin had to play in his fourth game of the day and I had to play my second doubles match on that same day, too. So, lots of things were going on my mind and pressure and nervousness were definitely included on them," Lee said.

Their nerves got the better of the CNMI pair at the start of

See GRITTY on Page 19

# Gritty victory for NMI



CONTRIBUTED PHOTO

In this file photo, the CNMI's Colin Sinclair, left, and Carol Lee are all smiles after receiving their gold medals in the mixed doubles event in the XVI Pacific Games in Apia, Samoa.



CONTRIBUTED PHOTO

Colin Sinclair returns a shot to Matthew Stubbings during their singles gold medal game.

## Gaining muscle and losing fat and training with low back pain

### Ask DRE:

By DRE DELOS SANTOS  
Special to the Saipan Tribune



Dre Delos Santos writes about fitness and nutrition for Saipan Tribune and TAGA Sports. He is a personal trainer at Gold's Gym. He is featured on fitness sites such as Weight Watchers, T-Nation, and STACK.

**Q: Is it possible to optimally build up strength and muscle while losing fat?**

**A:** With a smart plan and steadfast approach, it's possible to chase both adaptations. Although, from what I've seen, it's hard to have it both ways if you've been training for quite some time.

Beginners on the other hand have that luxury of gaining muscle and losing fat at the same time.

It's automatic.

Keep in mind the prerequisite for getting visibly leaner is a manageable energy deficit—consuming fewer calories than you burn. That alone will typically compromise optimal strength and muscle gain. Don't get me

wrong, you can still blend the two together if you wish to have more of a balanced approach. Of course, you will invariably need more structure and precision on all fronts. This means leaving no detail to chance.

**Q: I was advised by my physical therapist to not lift weights for the time being because of my low back injury.**

**A:** I've had the privilege of helping a ton of folks wracked with injuries. Knee, lower back, shoulder, you name it. So believe me when I say I understand the precaution and apprehension of lifting weights.

See GAINING on Page 19

## Fishing derby set for July 25



SAIPAN FISHERMEN'S ASSOCIATION

A crane lifts a marlin caught by one of the participants in last year's 35th Annual Saipan International Fishing Tournament at the Smiling Cove Marina.



The 36th Annual Saipan International Fishing Tournament will be

held on July 25.

Registration is on-going at the Marianas Visitors Authority's office in San Jose. Last day to sign up is on July 24 at the Smiling Cove Marina from 4pm to 6pm.

Participating teams will battle for the Grand Prize (heaviest marlin) and Total Weight categories and the Top 3 in marlin, yellow fin, wahoo, mahi, and skipjack.

Last year, *Aquaholics* of skipper Tony R. Flores hauled a 462-lb marlin to take the Grand Prize, while Jeff Espinosa's *Jernie II* won in the Total Weight category after its catch tipped the scale at 304lbs.

See FISHING on Page 19